TRANSURFING

REALITY

Master of Reality

Vadim Zeland

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Translation by *Joanna Dobson*

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Master of Reality.
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The universe exists according to certain laws. Knowing these laws, a person can change their life to reflect their own desires. Reality ceases to exist as something external and separate, and becomes something that yields to individual will. This book focuses on Transurfing, a powerful set of techniques that give the individual the power to create things that would otherwise seem impossible, namely, to shape their own fate. Despite the fact that much of what is written here may seem highly unusual, remember: this is not fiction, it is the real thing.

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Contents

Introduction

- Reality of the Dual Mirror
- Death of the Programmer
- Hall of Mirrors
- Taming the Pendulum
- Someone Else's Intention
- Just Transurfing
- Chasing the Sun
- Paradoxical Situations
- Gifts and Compliments
- Triumph of the Absurd
- Battle of the Pendulums
- Variations space
- The Daring of the Gods
- The Shyness of Magicians
- Ironing out Reality
- Eternity's Hush
- At the Mercy of the Dream
- Coordinating Optimism
- Superstition Vaccine
- The Law of Contrast
- Purpose and Right
- The Caretaker's Carousel

Glossary of terms

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INTRODUCTION

Dear Reader

Despite what the title might suggest, this book bears no relation to the world of fantasy. It presents everyday reality in an unfamiliar guise, which makes it much more surprising than any kind of mysticism could be. You are about to discover that the nature of the world is not exactly as we are used to seeing it.

For all its diversity reality has a clearly expressed inherent mirror symmetry. The dual nature of our world manifests everywhere: left and right, up and down, heart and mind, the living and the dead, black and white, tangible and illusory. And likewise, dualism is at the root of the eternal philosophical conflict between two different types of worldview: idealism and materialism.

So what is the true nature of reality, mechanistic system or virtual illusion? When you look for the answer in one worldview only, you come up against endless contradiction and paradox.

The so-called golden mean does not exist either. As concept it is far too vague. Where then is the truth to be found?

In search of a clue, we take a more unusual path. In answer to any question that is formulated, 'Is reality this or that?' we begin by embracing one essential postulate: "It is both this and that". The truth is not to be found in the middle but rather at the intersection of the planes of a multifaceted reality. In addition to the material universe, there also exists its mirror reflection, a world intangible, invisible, but just as real. It is present in all sorts of phenomena that are thought to be inexplicable. At the contact point between these two worlds, reality becomes not only comprehensible, but also surprisingly steerable.

People have a tendency to go to extremes, and so, depending on their worldview, they look for the solution to any problem either within the framework of material reality or in the realm of metaphysics, but neither path alone will ever bring satisfactory results, and so they remain at the mercy of circumstance. Life 'happens,' as if it were a dream over which the dreamer had no influence.

And yet there is a fundamentally different method of interacting with the world: Transurfing, the subject of this book. Transurfing has at its core the idea that if you take into account both sides of the dual nature of reality, whilst observing certain principles, it becomes possible to shape the course of events in one's life. And as the individual acquires the ability to shape reality, it ceases to be perceived as something purely external that exists independently of humankind.

You have probably heard it said before that the energy of thought does not disappear without trace but has a distinct influence on reality. The question is how can we use this energy. Why is it that what we desire does not necessarily manifest, while our worst expectations do? Why is it that well-known methods of visualization are effective in some cases but not in others?

It comes down to one missing link without which any esoteric practice is flawed. And yet the secret is fairly self-explanatory and so mind-bogglingly simple that it beggars belief. This book answers the question, what is this missing link? And once you hold the key to a steerable reality, you will discover a world in which you can manifest the seemingly impossible.

This book was born of correspondence with readers, real people who have tried Transurfing, and have their own experience of it. They all share the incredible changes that have occurred in their lives with genuine surprise. Usually the problems that previously bothered them disappear; doors that previously seemed hopelessly closed suddenly open; others begin to relate to them with more understanding for no obvious reason; reality literally changes before their very eyes. Their experience reveals that in some mysterious way, our thoughts become embodied in reality.

If this book is your first acquaintance with Transurfing and you are unfamiliar with its key concepts, you will find a list of terms and their accompanying definitions in the glossary. A more detailed exposition of the principles of shaping reality can be found in the books *Transurfing Reality* and *Apples Fall to the Sky*.

Despite the fact that much of what you will learn about Transurfing might seem highly unusual, remember: this is not fiction: it is real.

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REALITY OF THE DUAL MIRROR

The dream is one of the most familiar and at the same time most mysterious phenomenon in human life. Human beings spend roughly a third of their life asleep. And yet what happens to a person when they are in this liminal state is still shrouded in mystery. Scientific research has been able to explain very little. Philosophers attempting to interpret the phenomenon also sway from one extreme to another. Some say that dreams are illusions; others argue that our life itself is nothing more than a dream. So, who are we to believe?

As an esoteric teaching, Transurfing approaches the issue from a somewhat different standpoint. Are our dreams really imagined by the mind? On the one hand, the events that take place in a dream are virtual; on the other hand, dreams seem so real that we practically take them for reality. We know that in dreams, a person sometimes sees images that appear to be not of this world, things that it would be fundamentally impossible to witness in waking life. If a dream is indeed a kind of imitation of

reality produced by our brain, then where do all these inconceivable pictures and plots come from?

In one hypothesis, the brain synthesizes dreams and during sleep perceives these pictures in the same way as it does everyday reality. But this view is really nothing more than a hypothesis. So far, no-one has been able to prove that this is what actually happens. In the Transurfing model, the dream is interpreted very differently: the subconscious mind does not imagine anything of its own accord; it connects directly to the variations space, which contains all the information that exists in the world. The variations space is an information structure in which the scenarios of all possible events are stored. The number of variations of possible scenarios is infinite, just as the number of possible positions on a coordinates grid in infinite. The variations space records everything that ever was, is and ever shall be.

If you find yourself responding with scepticism to the above, rather than judge, try this: look closely at an object, then close your eyes and try to imagine it. Even if you have extraordinary visualization skills, you still will not be able to "see" the object as clearly with your eyes closed as with your eyes open. The image that your brain has captured is like a very low resolution photograph. Let's say, for the sake of it, that the brain stores this photograph as a group of neurons held in a specific state. If this is the case, then no quantity of neurons, despite their huge number, would ever be sufficient to reproduce all the photographs that constitute our memories.

If our memories and our dreams are simply a reproduction of data recorded in neuron clusters, then imagine how many cells would have to be contained in the human brain. In Transurfing, the problem of this unlikelihood is resolved in that neurons are perceived not as information carriers, but as something more akin to computer bytes. Rather than storing the information itself, the brain stores something equivalent to an address for where the information exists within the variations space.

The brain may of course be capable of storing a limited amount of data. However, even as a perfect biological system, it still is not capable of storing all the information that we can reproduce with our memory. Moreover, the brain is incapable of synthesizing a virtual reality as perfect as that which we see when we are dreaming. Other implausible arguments have been put forward, such as that once it has switched off, the brain suddenly acquires the ability to perceive very distinctly the scenes it produces with the imagination, but from the point of view of Transurfing, such suggestions are a delusion.

If one were to roughly attribute the entire conscious aspect of the human psyche to the mind, and the subconscious aspect to the soul, then you could say that a dream is a flight of the soul through the variations space. The soul has direct access to an information field in which all ‘scripts’ and ‘stage sets’ are stored permanently, like frames on a film strip. The mind does not imagine its dreams, it actually sees them. And our dreams are not illusions but real movies that depict potential scenarios could have happened in the past or that might take place in the future.

In dreams, we see all sorts of events, but since countless variations of potential scenarios exist within the variations space, there is no guarantee that the dream will have anything to do with everyday reality. Any event that takes place in the everyday world is a physical realization of one of these potential variations. The material world is continually moving through an infinite space of variations, like a frame on a film strip; this phenomenon explains the movement of matter through time.

This might seem difficult to believe. After all, you may ask, where is the variations space? How is this even possible? From the point of view of our three-dimensional awareness, the variations space is at the same time everywhere and nowhere. Perhaps it exists beyond the limits of the visible universe, or maybe it is to be found in your coffee cup. Either way, it is not in the third dimension. Still, it is possible to gain access to this information field. For example, the variations space is the source of our intuitive knowledge and the information accessible to clairvoyants. All the ideas that stand behind scientific discoveries and artistic masterpieces are received by the mind from the variations space via the soul. The mind is not capable of creating anything fundamentally new; it is only capable of assembling a new version of a house from old bricks.

Is there not something similar about our dreams and everyday reality? While we are sleeping, it does not occur to us to look critically at what is happening in our dreams. After all, the virtual reality we see in dreams is modelled in an astoundingly natural way, and despite the fact that bizarre events often take place in our dreams, we perceive them as quite ordinary. In a

dream, the dreamer is completely at the mercy of circumstance. The dream is 'happening to them,' and there is nothing that they can do about it.

In an unconscious dream, the soul is not being subjected to the mind's control; the mind watches the dream, like a viewer watches a movie. At the same time, the mind experiences what it has seen, and these experiences are transmitted to the soul, which instantly tunes in to the sector of the variations space that corresponds to its own subsequent expectations. As such, as the dream unfolds, the script changes dynamically, and the stage set and characters instantly adapt to the changing scenario. The imagination does in fact participate in the act of dreaming but only as a generator of ideas.

Sometimes, if we are lucky, we become aware that we are dreaming. In this case, the unconscious dream becomes a lucid dream, and then it is as if the dreamer were participating in a virtual game, fully aware that what they are seeing and experiencing is just a dream. If this has never happened to you, or if you have never heard of lucid dreaming before now, have no doubt, this is more than an indulgent fantasy. A swathe of literature exists devoted to the subject of lucid dreaming, and many enthusiasts around the world regularly engage in the practice.

As soon as a person realizes that they are dreaming, they develop amazing abilities. In a lucid dream, nothing is impossible; you can control events and do things that would ordinarily be impossible like flying. Even in a dream, the desire alone to rise up into the air is not enough to actually fly because it is not the

desire that is being realised so much as setting yourself the goal to fly. It is not thoughts about what a person desires that are at work here, but something else, something difficult to capture in words. There is a certain force that lingers in the wings as the dreamer's play of thoughts unfolds. This power is the critical player. You have probably guessed that we are talking about intention. Intention can be roughly defined as the determination to have something and then to act.

Desire of itself can achieve nothing. On the contrary, the larger your desire, the smaller the chances of success. If in a dream, just as you are about to take off, you find yourself wondering whether flying is actually possible, your feet will not leave the ground. To fly, you just have to intend yourself up into the air. The choice to experience any one scenario in a dream is fulfilled not by desire but by the firm intention to achieve a certain goal. You cannot reason or desire your way to manifestation, you simply decide to experience something and take action.

Intention is the driving force that shapes the script in a lucid dream. So the question that naturally follows is this: why then are our fears realized in physical reality? Should these also be counted as intentions? Both in dreaming and in waking life, we are eternally haunted by potential scenarios that correspond to our own fears, anxieties, aversions, and hates. After all, if I do not like something, why would I intend to experience it? And still, we often get what we strive so hard to avoid. Does this mean that the focus of our desires is irrelevant when it comes to manifestation? The answer to this conundrum lies in an even more mysterious and powerful force: external intention.

Everyone is familiar with the kind of intention that applied when you decide to do something based on your own efforts. In Transurfing this is called internal intention. It is much more difficult to extend your own will onto the external world. The concept of external intention is inextricably linked to the variations space. All manipulations of time, space and matter that defy logical explanation are usually attributed to the field of magic or paranormal phenomena. In Transurfing, this type of intention is called external intention because its sphere of influence lies outside the individual, and cannot be controlled by the human mind. True, it can be accessed but only by a certain state of consciousness. Any individual capable of harnessing this powerful force to their own will achieve great things. The magicians of antiquity drew on this power when they created the Egyptian pyramids and performed other similar miracles.

If you try to move a pencil across a table with the power of your mind, you will fail. But if you determinedly imagine the pencil moving, you may achieve the desired result. Let's imagine that you managed to move the pencil from where it was originally lying (people with extra-sensory skills have had some success in this). What I will say next might seem eerie. *The pencil did not actually move!* And, at the same time, you were not just imagining it. In the first case, you are attempting to move the pencil with the energy of your mind, but mental energy is clearly insufficient to move a material object. In the second case, you are sliding over sectors in the variations space in which the pencil is situated at different points. Do you see the difference?

Imagine a pencil lying on the table in front of you. With the power of intention, you imagine that it begins to move. Your intention scans the various sectors of the variations space in which the pencil takes up new positions. If the mental energy you omit is strong enough, the pencil will materialize successively at new points in physical space. At the same time, a separate 'pencil layer' moves, while the other layers, including the observer layer, remain stationary. It is not the object itself that is moving, but its realization in the space of variations. The movement of so-called unidentified flying objects, which appear to be beyond the laws of physics (in particular, the law of inertia), is based on the same principle.

If you have tried telekinesis but had no success, it is not surprising. In the majority of people, such abilities are poorly developed. And the reason for this is not that you have a weak energy field. It is more that it is very difficult to believe that such a thing is possible at all and, consequently, to evoke pure external intention within yourself. Those people who do have some success with telekinesis are not actually moving objects. Instead, they have the unique ability to direct their energy using the power of intention, which enables them to shape the process of material realization from within the variations space.

Anything connected to external intention is usually considered a form of mysticism, magic, or, at best, an inexplicable phenomenon, any evidence of which is added to already dusty bookshelves. The widely accepted worldview completely rejects such things, as the irrational seems always to evoke a strange kind of fear. The same kind of fear as well as a certain numbness

is often experienced by people who have witnessed UFOs. This kind of inexplicable phenomenon is so far from our everyday reality that one simply does not want to believe that it could be real. And at the same time, it clearly is real and, moreover, real with such overwhelming audacity that it terrifies us.

External intention is a case of 'if Mohammed won't go to the mountain, then the mountain must go to Mohammed'. The work of external intention does not always have to be accompanied by paranormal phenomena. In our everyday lives, we are constantly being confronted with the results of external intention. Our fears, our worst expectations are realized precisely on account of external intention but we are unaware of it happening because the mechanics of external intention work independently of our will.

The ability to control your dreams arises once a person becomes aware that they are dreaming and can distinguish the dream from waking reality. At this level of awareness, a person acquires a pivot point, a reality to which they can return upon waking. Reality, in turn, can be likened to an unconscious dream, a dream taking place in waking life, in as much as the individual is at the mercy of circumstances and life just 'happens' to them. People generally do not remember their past lives or benefit from the pivot points by which they could lever themselves up to the next level of awareness.

And still, all is not lost. Transurfing teaches methods which can help you to get external intention to work in a roundabout way. Under certain conditions, thought energy is capable of materializing one or another sector of the variations space in

physical reality. In other words, we are capable of shaping our own reality. Still, for this to work, certain rules have to be observed.

Reality exists in two forms: physical reality, which you can touch, and metaphysical reality, which lies beyond the limits of perception, but which is no less objectively real. In a sense, the world is an endless dual mirror, the material universe on one side, and the metaphysical space of variations on the other. Potential life scenarios are embodied in everyday reality like a reflection in the variations mirror. The human mind usually tries, albeit unsuccessfully, to influence the reflection, whereas what is required is to change the nature of the original shape that is being reflected in the mirror.

So what is this shape? How do you change it? And how do you work with this strange mirror? Transurfing provides the answers to all these questions. Essentially, Transurfing is a powerful technology for managing your own reality. Here the goal is not so much achieved. For the most part, it realizes itself. This may sound improbable but only if you think about it within the framework of the customary worldview. By breaking the locks of stereotypes, you can open doors onto a world where seemingly impossible dreams can come true, and the possibilities are limited only by intention.

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DEATH OF THE PROGRAMMER

- *I've been waiting for a book like 'Transurfing Reality' for a long time. There's no doubt, it works. But, I don't think it's working for me yet in a way that would be really 'wow!' I'm probably not doing all of it right. The first thing I'm learning is how to stop wasting my energy, although sometimes I get frustrated. I had almost managed to develop the habit of saying to myself, 'I might not know, but my world knows how to take care of me,' and 'my intention is in the process of manifesting itself. Everything is working towards that and everything is unfolding exactly as it should.'*
- *Transurfing really does work, but I still get plagued by unpleasant events. My personal life is a mess, which is probably because I am attaching too much importance to it and need to relax my 'grip'. I'm trying not to compare myself to others but it does sometimes feel as if everything is working out fine for everyone else, just not for me. As soon as self-doubt rears its ugly*

head, I reach for the book. This helps, but sometimes I struggle to distinguish between desire, importance, and the visual representation of what I want.

For example, I have the desire or intention to live and work in England. I stumbled across an organization offering this opportunity but it turned out to be a scam. I still think about it and am taking steps in this direction. I visualize what I want, but what if this is not my door? I don't know for certain.

Let me tell you a story about a close friend of mine. I will call him the Programmer, since that was his profession. He too wanted to leave his native, familiar, but also harsh and uncomfortable homeland. In Russia, the Programmer was essentially a highly qualified 'errand boy' and often the 'whipping boy'. In the West, people of his qualifications constituted the elite among all the 'white collars' workers. When news came from abroad of mind-boggling salaries, expensive cars and mansions with swimming pools, his head started spinning, and a fever raged in his chest — the most golden fever ever.

As if guided by the principles of Transurfing, my friend asked himself: what goal do I want to choose on the map? And without a moment hesitation, his soul provided the answer: naturally, it had to be Austria. For some reason, this was the country he felt most drawn to: the Alps, skiing, stunningly beautiful natural landscapes, and overall, one of the most comfortable places to live on the planet.

My friend's eyes shone when he told me about his idea and he even tried to persuade me to trek off to Austria together. It was

blatantly obvious that his heart and mind had merged in a single point of striving. However, at that time, neither of us knew anything about Transurfing, and so, naturally, the mind of our programmer took the wheel of destiny into its own hands.

On another occasion, my friend turned up with a dejected look and said that he would have to give up on his plans. It turned out that breaking through the wall of Austrian immigration law was more difficult than anyone had anticipated. The pragmatic mind prevailed, accustomed as it was to dealing with realistically achievable goals. This was the Programmer's first mistake.

The dream was hastily buried and my friend's soul became melancholic. Nonetheless, the enterprising mind soon found a perfectly acceptable replacement: Canada! That would not be at all bad! In addition, the country was known to have a deficit of specialists, which made it much easier to obtain a visa and work permit.

The new idea was entirely feasible. My friend described to me in precise detail the advantages of this well thought out endeavour. But there was no light in his eyes. He reasoned like an analyst, carefully weighing up the pros and cons and calculating in advance the entire algorithm according to which the gaol would be achieved. As far as I could understood it, the goal was to secure a high-paying job. He had a family to feed. And it was not enough just to feed them; he was tired of vegetating in poverty, moreover with his brains! He was an exceptional programmer.

Since my friend was known for being a workaholic, it was quite obvious to him that a comfortable life could only be acquired by earning it, and what is more, through hard work. He got down to

business with immense zeal. He applied himself to learning English, mastered new computer technologies, wrote a professional-looking resume and sent it out to all the right places. Basically, he did everything right.

Six months passed. There was no response except for a chilly silence. His resume has been tweaked to perfection, his qualifications were top notch, and his English was already quite good. And by the number of addresses that his proposal had been sent to, you would think this was a Programmer acquainted with all of Canada. What more did they want? Presumably he needed even higher qualifications. And so he worked harder, not sparing himself for a moment. But fear had already settled firmly in his soul, as she sat in embrace with his intolerable desire to achieve the goal at any cost. Was he not as good as anyone else?

On the one hand, there really was an acute shortage of specialists. But at the same time, every now and then information would surface suggesting that Canadian employers were actually very reluctant to make contact with foreign nationals. Again, rational logic had misfired.

Given the situation, the Programmer's mind judged wisely that it did not serve him to be so exclusively focused on Canada. After all, he could try and break into the States. As it turned out, Russian brains are highly valued there. And so, the previous goal faded into the background, and a new campaign was launched aimed at conquering America.

By now, the Programmer was quite experienced in such matters. He thoroughly researched the matter and knew exactly what,

where and how to go about things. He had thought out his strategy and tactics down to the minutest detail. Everything was polished to the highest level: knowledge, practical experience, and presentability. He became a real pro in the field of job search.

You would think that the employers of America would have been bowled over by our hero's magnificent portfolio. However, no one showed the slightest interest in the highly qualified specialist and no-one fell over themselves in the hurry to headhunt his brains. The Programmer's mind whirled frantically, trying to pin-point the reason for this strange scenario: after all, he had executed his plan flawlessly. Why was there no result? What about all the 'headhunters'? Where had they all gone? And what of the stories of the hundreds, if not thousands of computer specialists who had made brilliant careers for themselves in the States?

An explanation was found this time too. High technologies were developing at a rapid pace, and at the current time, there was increased demand in the labor market for candidates with niche specializations, which did not fit the our applicant profile. Despite the fact that his own specialization was still in demand, the Programmer began to master a new technology with characteristic zeal. He had to be the best! No matter what it took. But all his efforts were in vain. America maintained its position of unchanging indifference, like the abominable, cold Statue of Liberty... Another year passed.

My friend would occasionally come and visit and tell me all about his ordeal. What had happened to the vigour and the

inner light that he radiated when he first spoke about Austria! He was no longer the animated enthusiast but a tired and anxious gambler checking his mail each morning in anticipation of a win. Those who have never experienced it will find it difficult to understand what it means to constantly tread the tightrope between hope and despair.

But then one day he finally received an offer, and not just one, but three all at the same time! What a tauntingly cruel coquette she can be, lady luck. It happened just at the moment that the Programmer was on the verge of losing hope and giving up on his idea.

The interview was conducted in Moscow. Of course, in a state of agitation, he set off straight away. The first meeting took place in an elite cafe. The programmer was received practically with open arms, and the conversation was surprisingly relaxed and went smoothly. A friendly American woman treated him to coffee and cake. True, when she paid the bill without flinching, he almost dissolved from shame and shock. He could never have imagined that *this* could cost *that much*! It was time he got used to this new life; soon he would be able to afford all sorts of things.

The second interview, this time with a different company, was the exact opposite to the first. The haughty doorman pretended for ages that he did not understand what the pathetic provincial was telling him, and would not let him into the hotel, where the meeting had been arranged. Two not very friendly Americans cross-examined the Programmer, apparently testing him for resistance to stress. Then he had to take a complex test at a

computer. He was not informed of the result but judging by the satisfied look on the examiners' faces, he had coped with the task successfully.

Uplifted by this success, the Programmer felt so encouraged that he did not even bother attending the third interview he was offered by a Finnish company. Who wants to go to Finland! The States, that is what you should focus on. On returning home, observing the rules of etiquette, he sent letters of gratitude for the interviews he had attended. Later he received a response from both companies: he had been accepted!

Yes! The programmer was deservedly rewarded for all his suffering. That is what comes of hard work and perseverance! Now he could put all the torture he had experienced behind him. All that remained was to pick which of the two companies' offers he would accept. The first, with whose representative he had chatted so nicely in the cafe, was in located in Arizona, the second, in California. Imagine the twist of fate. Now he got to choose! Alright then!

As usual, the Programmer's all-knowing mind was right there: why would be want to go to Arizona with all that desert and cacti? True, it looked like the work in California promised to be much more intense. And the path to that company had proven laborious from the very outset. But the workaholic was not one to take the easy route, and he chose the second option.

For the first time in his life, he played the unfamiliar role of politely declining an offer from a welcoming company based in Arizona. The main thing was that now life was filled with joyful preparations. Soon the invitation arrived and the Programmer

received the long-awaited work visa for the whole family without any difficulty!

They did have to sell their inexpensive apartment, where the three of them lived, him, his wife and daughter, and move in with their parents. Where else would a poor Russian Programmer get one and a half thousand dollars to pay for a visa for three? But that did not matter anymore. Everything was going well, and a prosperous life awaited them in sunny California.

Having settled all his affairs, the Programmer wrote to the company that was intent on employing him, with the happy news that he was ready to depart. That was in spring, two thousand and one. America was looking forward to the Programmer's arrival and was going to book the tickets for the flight. There was nothing to suggest that anything could prevent what had almost been accomplished from reaching its logical conclusion.

But for some reason, right at this moment, he once again encountered that same chilly silence. The programmer was too impatient to wait for an answer and so sent one enquiring email after another. What could have happened? A long-forgotten feeling of panic re-awakened in his chest.

At some point during all the recent commotion, he had stopped paying attention to the news reports from overseas. And now, as he began reading analyst reviews of the economic situation in the United States, a terrifying picture unveiled before him. In the field of high technologies, an unprecedented crisis was rapidly gaining momentum. Dozens, hundreds, thousands of

specialists had lost their jobs. Many companies whose activities were related to computers and telecommunications suffered huge losses. The Programmer's company was among those who went completely bankrupt.

This, he could never have foreseen. Now American employers were not just looking at foreign specialists askance but at their own professionals, too. The visa was annulled, since it was issued on the basis of a specific position. And the apartment? That was gone, too. The lot. His entire life had fallen apart.

The pill was all the more bitter on account of the fact that by some irony of fate the company located in Arizona managed to stayed afloat and continued functioning pretty much as normal. The programmer made a desperate attempt to contact them but this door was closed. No-one deigned to answer him.

My friend was totally crushed by this misfortune but not so much so that he would take his own life, as one might suppose. With the same commitment as before, he began searching for a high-paid job, if not abroad then at least here in Russia. He believed that anything could be achieved if you were prepared to work hard enough for it. Indeed, fate seemed to take pity on him; he soon received a lucrative offer from a joint venture located in a small village on the outskirts of the city, where he and his family were living.

He was offered a very large salary, but the Programmer did not wish to continue his career in a less prestigious position. The bar of his ambition was set much higher than that. After all, he had almost taken California by storm! And besides, he was used to giving everything his all.

Indeed, the Programmer had already become as highly qualified a specialist as one could hope to find. And then, in the summer of the same year, having gone through all the stages of a rigorous selection process, he nevertheless won a position in an American company with a local branch in Moscow.

The salary was so generous that even by standards of the capital, it would be sufficient for a home and for everything else in abundance. 'Everything is going to be all right now,' he thought. The company's performance was stable, it had survived the economic crisis, and it showed rising profits.

The programmer moved to Moscow, settled in, and took up a job with impressive prospects for career growth. It was very likely that in time he would be sent to take up a position in America. Maybe this was all for the best? After all, if things had not worked out the first time around, perhaps he had been saved from a worse fate.

However, his joy turned out to be premature. The eleventh of September arrived, that memorable day when, as a result of a terrorist attack in New York, the buildings of the World Trade Center were destroyed, and thousands of people died. As a result of this incident, the company's head office, located in one of the skyscrapers, ceased to exist.

This time it seemed that fate was making fun of him. It was as if some evil force were trying to squeeze the Programmer off the edge of the world. The more he tried, the worse the result. This really was the end. He had no choice but to return home.

And so it was that my friend waved goodbye to hope. He sold his computer deciding never again to have anything to do with this

hateful business. The Programmer in him died. The man that survived was broken, burnt-out and tired of life.

He went to work in a factory, where he earned peanuts doing basic manual labor. His fall was as low as his professional rise had been astronomically high. The Programmer's mind decided to punish itself for being so worthless.

Can the man be blamed for his actions throughout this whole sorry tale? For from the point of view of a customary worldview, he had done everything right. Many people do the same. Some are lucky. He was not. And yet everything could have turned out very differently. Let us look at the Programmer's mistakes from the point of view of Transurfing:

His first mistake was to abandon his goal on account of it being difficult to achieve. The Programmer's original goal — Austria — was the right one because it was born of *union between heart and mind.* If when a person thinks about their goal, they feel as if they are literally flying on wings of anticipated joy, union between heart and mind has been achieved. In this state of being, the soul sings, and the mind rubs its hands with glee. Take note, this only relates to the stage at which the goal is being determined.

There is still the question as to the ways and means of achieving it. If the rational mind thinks that a dream is so far-fetched that it is impossible to realize, not wanting to be live with its head in the clouds, it will drop what it perceives as a futile idea preferring to focus on things more realistic. In fact, the mind is never so much 'in the clouds', or for that matter rooted on firm

ground. Rather it crawls about in the woeful pit of its own ignorance.

So-called common sense, based on accepted stereotypes, is not capable of finding the path that would lead to a goal that is hard to achieve. The road to success is always intensely individual — life itself is confirmation of this.

Genuine wisdom, accumulated over the experience of many generations, tells us that the formula for success is changeable but it has one constant, which lies solely in the fact that success always manifests as an exception to the rule. Reason, 'father of life's hard lessons,' tends to blindly accept as truth a set of conventional standards, which are not worth much. And so, everything is turned on its head. I invite you to reread this paragraph thoughtfully.

The only thing that is required of the mind at the stage of setting a goal is to establish whether or not it is feasible in principle. And that is the full extent of 'smart arse's' mission. "But damn it, how's that?!" the sane mind exclaims. But the how is no longer any of the mind's business. It has demonstrated often enough what it is capable of: nitwit.

The ways and means of achieving a goal will find themselves. Moreover, they will present themselves in ways the mind could never have imagined. The mind does not really know anything and is not capable of knowing anything. If you consistently focus your thoughts on a goal, picturing it as if it had already been achieved, then in due time, external intention — that incomprehensible force — will open the necessary *doors* (opportunities). The task of the mind is to direct the train of

thought in the right direction, thereby triggering the workings of external intention.

The second mistake concerns desire, and allowing yourself to become anxious over an apparent lack of results. Obviously, the more anxious you are, the more slowly you will progress towards your goal, if at all. Of course, in order to gain peace of mind, a person always needs to know what to base their thinking on. Transurfing provides this knowledge.

Your position in the variations space relative to your goal is similar to that as if you were in a boat on the open sea. In order to reach land, you have to travel consistently north, where the compass arrow points i.e. the direction of your train of thought. Whilst you imagine yourself moving towards land and stepping ashore, your 'needle' is pointing in the right direction. All you have to do is to keep thinking about rowing and arriving on land. That is all. Nothing more!

But instead, the impatient mind starts fidgeting and shaking the oars: "Are we going in the right direction? Are we nearly there? What if my strength fails me? What if land is not over there after all? Well, of course, I should be going in a completely different direction!" As a result, the compass needle keeps moving, and the boat constantly changes course.

The mind cannot see movement as it is occurring in the variations space and so starts to worry and doubt. It is used to having the situation under control. The mind will calm down only if you give it a task. Whilst you are carrying out the task, the mind can understand what it is doing. So, tell it not to rock the

boat, and to keep the rudder on course. The work of the mind is to keep control of your train of thought.

When it comes to desire, things get a little trickier — desire is a born anchor and it is best to be rid of it. 'The Way of the Samurai,' for example, is to live as if you were already dead. Then you have nothing to fear and nothing to lose. Just as dispassionately, you should move towards your goal as if you were already resigned to defeat. If you can do this, you will chop right through the anchor rope.

If accepting the idea of defeat is too difficult then the anchor must at least be raised. Let's put it this way: there is desire, which develops into the intention to act, and then there is ardour. Mostly the latter represents fear of failure: 'I want it to be this way, I just don't have the strength, and at the same time, I'm afraid things won't work out. Why afraid? Because I am thinking about how to achieve the goal rather than the goal itself.' Ardour creates *excess potential*, which powerfully distorts the surrounding energy field and generates resistance through *balancing forces* – this is what really gets in the way of you achieving your goal.

Over and over again, you have to tell your mind to think about the goal as a fait accompli. Of course, from time to time you will revert to negative thinking. But that is ok. There is no need to fight it. The main thing to remember is not to let minor vacillations lead you too far off course.

If you think about it, you can consciously subdue ardour. As you may recall, the Programmer began receiving job offers just as he was on the verge of despair, and, consequently, "let go" his

convulsive grip of desire. You can do this consciously by saying to yourself, ‘I want it, right? So what’s the problem, it will be mine.’

Third mistake — wavering between one goal and another. The Programmer just could not wait for the variation he desired to mature and materialize. Hardest of all is learning to wait, while maintaining the calm of someone who knows that they are in control of the situation. You have to be able to pass the initiation of the pause during which nothing happens. This is a test of strength.

It is inevitable that there should be a pause, and it is important to respond calmly. What often happens is that the mind panics prematurely and makes a rapid change of course. And all the while, the gaol was just about to appear on the horizon. She was franticly waving her arms about trying to attract the attention of blind reason: “Wait! Wait!”

The material realization of any potential variation forms like a reflection in a mirror. The shape being reflected is the picture going round and round in your thoughts, in other words, *the goal slide*. The only difference between the variations space mirror, in comparison to a normal mirror is that in the variations space mirror, the reflection does not appear immediately, but matures gradually, with a delay factor.

Imagine the following odd scenario. You are standing in front of a mirror but there’s no reflection, just emptiness. And only after a little while, the image begins to appear like a photograph being hand developed. At one point you start to smile, but in the

reflection you still see the same serious expression you had moments before.

This is how the variations space mirror works, only the delay is incomparably longer, and therefore, any change already taking place cannot be instantly perceived. So how can a shape appear in the mirror if it is constantly changing? The reflection does not have time to materialize before the person rushes to change the slide and the result is a blurry dot.

Fourth mistake — negative slide. The question is, what kind of shape can be formed by a slide that contains thoughts about oneself as "unworthy and insufficiently prepared"? The Programmer did not have a goal slide as such. His mind was completely preoccupied with the means to the end.

Only *inner intention* played any part in the realisation of the goal. At the same time, the mirror was simply reflecting the Programmer's process of struggle and expectation, nothing more. Of course, the usual methods are also suitable for achieving a set goal, but the wait will be incomparably longer, and the chances of success far slimmer.

The result will be obtained much faster and more reliably if the slide that you run in your thoughts depicts the goal as already having been achieved. "Joyful preparations" should be happening right now! You have to show off in front of the mirror as if the fact of your success was predetermined. Then you will start to see the corresponding reflection.

The variations space is like a kind of paradoxical restaurant. You cannot just sit there and wait for the waiter to bring you your lunch on a tray. You have to behave as if your food order has

already been fulfilled. Literally pretend and behave as if what your order is already on the table.

The secret to this unusual restaurant is that the waiter is watching you from behind the curtains and will only serve you the dish you want once he sees that you are already eating your lunch. It is important to understand this because it is the key to the whole technique!

Fifth mistake — going against the variations flow. This error is obvious and straight forward. Of course, you understand why the Programmer should have unhesitatingly chosen the company based in Arizona. When there is a choice to be made, give preference to the option that "yields" most easily. Any other contrivances of the mind, no matter how convincing, should be safely ignored.

In the usual manner, the Programmer's mind turned around and started moving against the variations flow by choosing someone else's door, which, obviously, was not easy for him to squeeze through. And his mind did this despite the fact that he was clearly shown a front entrance, close by, that was open and even had the red carpet rolled out especially for him!

Naturally, because it was someone else's door, at the very last moment it slammed shut in his face — as other people's doors are inclined to do. That is what "reasonable arguments" are worth. And in hindsight all you can do is throw your hands up in a gesture of helplessness as if to say, "who could have known?!" Of course, no one could have known. But you do not have to know. You just have to follow the variations flow.

Sixth mistake — the mind controlling the script. The consequences of this mistake are not as obvious, but in terms of results, just as disastrous. As a rule, the mind is arrogant enough to believe that it can foresee how events should develop. And so if events differ from the scenario that the mind is anticipating, it concludes that nothing is working out and everything is going badly. This attitude shifts the *life line* needle away from the goal sector and onto a negative branch where everything really is much worse than it could otherwise be.

Each time that you express your attitude towards a particular event, you are making a choice at a crossroads, where two variations meet. Movement towards the goal passes through a labyrinth that consists of many junctions like this. With its primitive logic, the mind can spend a very long time wandering about in this tangled knot of lines.

The key to navigating the labyrinth is actually very simple — *the coordination principle*. Whatever happens, everything is leading towards the goal and is working out exactly as it should. With this attitude, the life line will always turn onto a favourable branch of potential life lines. Coordination always paves the shortest, optimal way to the goal.

The majority of foolish errors are committed by the mind when it cannot accept events that do not fit its own version of the script. This is the nature of the mind, to keep everything under control. You have to push back against this trait. The mind's tendency to control should be redirected towards observing the coordination principle and towards consciously following the variations flow.

Seventh mistake — the mind does not want to listen to the voice of the soul. If you look at it all closely, all the other mistakes result from this one, underlying error. The mind without the soul is like the soul without the mind — nothing. But together, the possibilities are endless. You might think that only a complete idiot would make so many mistakes only to repeat them all over again. But in fact the opposite is true. The Programmer suffered such great misfortune precisely on account of his brilliant mind.

Obviously, common sense is of little value when it lacks the soul's voice. Of course, you can get by with reason alone and live your life like everyone else, relying on the monolith of so-called common sense. After all, why bother letting a miracle into your life, when it is easier and safer to tell yourself, "Transurfing is another one of those things that can never be".

From this standpoint, you accept mediocre results in life, and will never allow yourself to hope for a miracle. If a person acts within the framework of the customary worldview, naturally, their apples will always plop to the ground in accordance with the laws of common sense. It cannot be any other way.

Now that you have the 'magicians' explanation,' try reading back over the Programmer's story from the beginning, and you will see how it works at a glance. I should add that his story has a happy ending.

My friend could not go on punishing himself for long. His soul persisted in trying to escape from captivity and, in the end, found a way out. My friend remembered that he had once been good at painting. Without any hope of success, he slowly revived his former hobby.

And guess what? His work was noticed and his paintings started to sell. The born again artist could not understand why people were so eager to buy his art. He could not see what was so special about them. But they contained something that people often lack, something that is worth its weight in gold and is at the same time priceless: *unity of heart and mind*. Everything that we would usually consider a masterpiece is birthed from this union, whatever the field of human activity it relates to.

Now, the Artist is happy and wealthy. Thanks to his soul, he found his true path. Later, he told me that he had never enjoyed his former profession. He had never enjoyed speaking a foreign language. Now the Artist is convinced that he is incredibly lucky that he never moved abroad. If he had done, he would never have achieved his current success.

Although who can say, maybe he is mistaken in thinking that painting is his soul's only passion. It is entirely possible that he has another true goals lost somewhere in Austria or Arizona. Everything exists within the variations space, and a person can have many different true goals. You just have to choose the one that you feel is a *part of you*.

It is a misconception to think that the soul's passion can only lie in the spiritual sphere. The Programmer's story is a classic illustration of Transurfing. However, it bares repeating that there is never anything to be gained by copying another person's experience. Everyone has their own path. Neither should you have to seek out a particular talent for the sciences or the arts. It is all a lot simpler than that. All you have to do is listen more attentively to the *rustle of the morning stars* — to the soul's voice.

And do not let the mind pressure the heart or rush her. She will open when she is ready. All she needs is the mind's attention.
To conclude, let's recall the basic map for achieving your goals using the Transurfing method. It is important to determine your goal from a point of unity between mind and soul, and then to go with the variations flow, supporting the goal slide with your thoughts, observing the coordination principle, and helping the process along with the visualization paddle. This approach is so straightforward, it is practically impossible to get confused. The techniques are described in more detail in *Transurfing Reality* and *Apples Fall to the Sky*.

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HALL OF MIRRORS

▶ *I would like to share with you an event from my own life: once, late in the evening, I was driving home with my wife. She was exhausted (due to work, she had not been getting enough sleep). I am not a great driver and so all my attention was focused on the road as we were driving through a region I did not know. At one point I missed the turning and had carried on driving for another couple of kilometres before I realised. Suddenly, my wife woke up and started yelling at me because I had missed the turning, and came out with such a torrent of insulting adjectives, you'd think the world was coming to an end. I tried not to respond but she was sticking in the emotional knife. Why did this happen? After all, I was not giving out negative energy. I was totally absorbed by the road, although I did feel slightly on edge because I don't have a great sense of direction. It was a vicious circle: my state of mind was not ideal, and the negative energy coming from my wife was doubling the negativity between us. I can't change my*

wife that much is certain. So what should my tactics and strategy be in a situation like this?

Everyone is creating the *layer of their own world*. These layers cross over and are stacked one on top of the other. Negativity from someone else's layer can bleed into the layer of your own world. There is no point in attaching any importance to this when it happens or in getting annoyed that your loved ones are generating negativity.

The world is a mirror, but there is a delay factor to its response. Tell yourself that the world cares about your comfort and wellbeing. Actively and consistently seek confirmation of the fact in any little thing until it becomes a habit. There will come a time when you realise that negativity has disappeared from your life, as if by magic. Even your environment will cease to be a source of negativity. Do not try to explain how. Just apply the approach consistently.

Watch what happens. In this way you set yourself up with a positive attitude and begin to expect results. And if you encounter a reaction that does not correspond to this new attitude. Know that the response is just a reflection or consequence of a previous attitude. The problem is that you do not compensate for the delay.

When faced with a negative setback, you give a knee-jerk reaction, which is again negative. This attitude manifests itself in thoughts or actions. Not yet having caught up with your positive attitude to life, the mirror receives a negative impulse from you. And in this manner, changing course from time to time, you get no closer to achieving your goal. The secret lies in

being consistent. If you consistently support a goal-focused mindset the reflection generated in the world mirror will eventually catch up and match it.

- *Soon after I adopted the attitude of, "My world cares about me" and "Whatever happens, everything is unfolding as it should," a cornucopia of troubles spilled over into my life. Starting with small things and moving on to the bigger things. For example, the most recent — having to look for a new job because where I worked before the salary was cut by half. Intellectually, I understand that everything that is happening is for the best, but on a subconscious level, I am deeply anxious about it. It's really getting to me. I feel like rodents are gnawing at my heart. Could you please give me some guidance on what to do. Does it really have to be this way?*

It would appear that your current life lines are heavily 'toxic'. You know, when a body that is clogged up by the toxins of an unhealthy way of life is transferred to a healthy regime, an intensive cleansing takes place, which is accompanied by painful processes — crises.

Much the same thing is happening in your life now. You are sending new thought-forms into the world, and like a mirror, the world around you is beginning to recalibrate. But it takes time to transform the reflection in the mirror, and while this is happening, there can be 'costs,' which is what is happening in your case.

Don't panic or become discouraged. Now is a time, not for patience even, but simply to rejoice and take heart at the changes taking place in your life. It looks as if the world has

begun to take care of you with such enthusiasm that you are getting a major overhaul, and in any overhaul, as you know, some things have to be taken apart.

The main thing is not to perceive the changes as negative. If you follow the principle of coordinating intention to the letter, it will not be long before you begin to see that events, which previously seemed unfavourable were in fact the opposite and working in your favour.

Success depends on how willingly the mind accepts the incredible fact that by their thoughts, a person is capable of creating the layer of their own world. But I would like to warn you against two extremes. One extreme is euphoria. You must be aware that no one is immune to making mistakes or experiencing failure. Do not expect everything always to go smoothly. Leave room for defeat. Allow for the fact that mistakes happen and our efforts backfire. Do not fight it.

On the other hand, no matter what happens, you have the power to declare failure your success. After all, once you have decided that the world cares about you, your mind may not necessarily know what is really good for it. Your world knows this better than you mind can. You are the master of your own reality, so use your power to declare that any seeming loss is actually working towards your success.

The other extreme to avoid is making a duty of having a positive attitude, pressuring yourself always to be content. A positive attitude should result from your conviction that it is beneficial to you. You just need to be aware of the fact that your attitude is forming a reflection in your own world mirror. Do not think of it

as a responsibility or obligation. After all, you are the unfettered queen of your own world, *which means that it is equally within your power to be dissatisfied and capricious at times*. This is not about squeezing yourself into a framework of forced necessity; simply indulge yourself in the *world mirror game*.

- *I don't know what to do or how to behave. You see, basically, I am angry with my mother, offended at her. I really want to forgive her but… I can't. She's always causing me problems even though she does not do it intentionally. Things are difficult (especially financially), but I have a family, a husband and a son. I cannot give all my time and energy to my mother, hence the conflict, and I feel guilty about it. I'm probably just being silly, right? But sometimes I feel like I'm going crazy.*

Not knowing the details of your relationship with your mother, I cannot recommend anything specific. The chances are, that all your problems are connected to the feelings of guilt that plague you. Wherever there is a feeling of guilt, some form of punishment will necessarily find its way into the script. For example, a person might cut their finger (at best), or take on an obligation that becomes an overwhelming burden, or come up against an unpleasant problem.

There is no point in trying to fight a guilt complex. It is impossible to get rid of guilt as such, whether it is justified or not. The problem can only be solved by taking concrete action. The action you can take is to stop making excuses. You even make excuses for yourself in your letter with the phrase, "I'm probably just being silly, right?" You should not talk about yourself like that. The relationship you have with yourself

determines how you will be reflected in the world mirror. You should act as if you have no reason to justify yourself. Then the mirror will form a layer in your world in which there is no place for guilt.

Bring yourself up short, whenever you catch yourself feeling that you need to make excuses for yourself. Make it a rule not to do it. Justify yourself only as a last resort, on occasions when it is genuinely necessary to explain your actions. If your guilt complex is quite engrained, then for a while, it would not hurt to 'suffocate' your conscience a little. As soon as the habit of making excuses for yourself disappears, the feeling of guilt and, consequently, the punishment script will follow suit.

- *Am I doing the Transurfing technique correctly, when I do "such and such?"*[1] *What am I doing wrong?*

The point is not whether you are doing something right or wrong, so much as *the extent to which you believe in your own rightness*. If you believe that you are doing something wrong, then you will make a mistake, no matter what. When you doubt, what you get back is a reflection of yourself being hesitant.

Imagine the following situation: You are visiting a gallery where, instead of pictures, the walls are hung entirely with mirrors. All the mirrors have different frames but, essentially, they are the same, all mirrors in which you see your own reflection. I am your guide in this mirror gallery.

Now let's say you ask me a question about which method you should choose to achieve your goal, this one or that? Or maybe you would be better off dealing with your karma? What you are really asking me is: "Which of the gallery halls should I go to?"

And my answer would be: to whichever one your heart and mind are most called to. And your next question would be, “How do I follow the method I have chosen correctly?” This is like wondering how you should stand in front of the mirror in order to be reflected in it.

No matter how you stand in front of the mirror, you are reflected in it, of that you can be sure. All you have to do is choose the facial expression that you want to see in your reflection. And that is for you to decide. If you want to see a cheerful face, do not ask me how you should smile. Just smile, that’s all there is to it. If you want to see a gloomy face in the mirror, just be gloomy, because you know how to. Why such questions?

This is the essence of Transurfing: *you form your own reflection in the mirror of the world*. Identify and mark your intention, as with a facial expression, and take pleasure in watching how the reflection changes. *Exercise the right to be right*. Just tell yourself, “I know best which mirror to choose and how to stand in front of it!” This is how a child would behave in a mirror gallery. Adults forget that they once knew how to be themselves. Do you understand what I am saying?

Any technique should be handled lightly, and by that I mean, follow the technique but leave sufficient freedom for individual interpretation and improvisation. Being interested in my opinion about the methodology that underpins your actions, is the equivalent of asking my advice as to whether you should grimace in front of the mirror in this way or that. What does

that have to do with me? Again, you stand in front of the mirror and ask me: “Is the mirror reflecting my image correctly?”

The mirror is like the novel *Solaris* by Stanislav Lem. It is simply emulating your thoughts. If you are worried about your problems, then worry, and *your problems will stick with you for as long as you stick with them*. While you spend time with your problems, that is all you are doing, nothing more. Would not it be simpler not to give a damn about the things you want to be rid of and to think instead about what you want to achieve? If you have set a course for Antarctica, that is where you will end up, no matter where you are physically located: Africa, America or Asia. The most important thing is to choose your goal and keep a constant course towards it. Essentially, that is all you really need to do.

Description of actions is omitted

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TAMING THE PENDULUM

- *We have invented, created and are swinging our own "pendulum." We are two years into this project. It is quite ambitious and a lot has already been achieved, but it is not yet bringing any money in. It's not as if we have been sitting around waiting for success. We're working at it, but it's tough going. My question is this: How do you create a pendulum? How are they controlled and developed?*

This topic is touched upon in the book *Apples Fall to the Sky* but I can add the following here. When a group of people starts to share the same thought-form, it does not go unnoticed. The collective energy of thoughts radiated into space does not disappear but is transformed into an information-imprinted energetic entity, *a pendulum*. Each organization or group forms its own pendulum that towers over it as an information-imbued energetic superstructure.

An organization does not only live and evolve as a result of the intentional actions of the individuals, the elements of which it is comprised. An organization is controlled by its pendulum, just as an automated mechanism is controlled by an algorithm. Members of the organization can perform deliberate actions, but they are not free in their motivations and, as a rule, are forced to act in the interests of the organization on an unconscious level.

For example, the bureaucratic apparatus will not allow an employee with a brilliant profile to take up a managerial position, even though everyone understands that this individual is the best candidate for the job. Instead, a person with average abilities will be appointed to the post of manager, someone who best supports the interests of the organization, that is, not “the best”, but “the most suitable”. A controlling superstructure, a pendulum, exists behind all such groups.

The pendulum does not have a conscious intention, but it influences the group’s motivations in such a way that the stability of the organization is strengthened, and the position of its competitors is undermined. It may look as if this is being done on purpose by individual members, but this is not entirely the case. Once under the influence of the pendulum, the members of the organization unconsciously obey it. There are instances in which the intention of a group overpowers the pendulum, and then, acting against the superstructure, they cause it to destabilize.

Knowing the features of the pendulum outlined above, it becomes possible to correctly establish priorities within the development strategy of a commercial enterprise. It must be

understood that the prosperity of an organization is in the interests of the pendulum, and so the pendulum must be strengthened in every possible way.

The more anchor points the pendulum has, the stronger it will be. So the bulk of your efforts should be directed towards creating these anchor points, for example, a distribution network. The company manager will say, “I know that already!” But he only thinks he knows, or more precisely, he knows, but is not fully aware. His mind is informed of the notion that the distribution network plays an important role, but the adage that ‘the best company is the company that makes the best product’ often forces him to put all his energy into creating the highest quality product available on the market. But as you are no doubt aware, the most saleable products are far from being the best — that’s a fact.

What is a top product anyway? Here again, the manager’s mind will reiterate, “The products we produce are a masterpiece!” But that is only from ta manufacturing point of view. Masterpieces are not necessarily in high demand. Demand is driven by the variations flow. So you have to channel the company’s *main* marketing forces not into advertising the distinctive qualities of your ‘masterpiece, but into determining current demand and the drivers of changing trends.

Everyone understands this, but, again, people do not so much *know* it as they are simply familiar with the idea. They are literally asleep, creating identical pendulums, and give no thought to how to stand out or start producing for a growing deficit that no-one has yet spotted. To do this, you have to break

the mould and go your own way. All entrepreneurs who have achieved great success, only did so because they started doing something that no-one else had thought of. In order to find your OWN path, you have to listen to the voice of your soul. You might think that such sentimentality has no place in business. Many disregard their intuitive feelings and are guided exclusively by the voice of reason, and this, albeit veiled, is a fundamental error.

Transurfing provides a concrete rationale for the fact that the voice of the soul has a very real advantage over the voice of reason. This is not just empty philosophizing, but an observation of reality. In particular, when working in an organization, it is important to listen to your subconscious motivations, because these are created by the pendulum. For example, when choosing an employee for a managerial position, people tend to rely on reason, which tells them that they should put forward the best. If the timid voice of the subconscious suggests a completely different candidate, then you should heed it carefully, since this will be the pendulum calling you to pick the most suitable candidate for the position. It is possible that the “best” with their energy, ideas and initiative will bring the enterprise to collapse, while the “suitable” candidate will increase stability and at a critical moment be the one to make the only sound decision.

Advertising also increases the number of a company’s anchor points. The greater the number of people who have information about the product twinkling in their thoughts, the stronger the pendulum will become. But there is one fundamental element to

all this: The mistake many advertisers make is that they focus on promoting the product, “We’re fabulous! Buy from us!” From the point of view of Transurfing, the product should be presented in a completely different way. The main advertising formula should sound, “Everyone is buying from us!” It’s that simple with nothing superfluous added. Moreover, the information should be presented as a statement of fact, as something self-evident. What happens? This kind of advertising kills two birds with one stone. Firstly, reading between the lines, everyone understands that no-one buys a bad product, which means, your product must be the best. But most importantly, the thoughts of a large number of people become focused on the fact that this is a best-selling product. A mass of potential buyers will unwittingly state the formula of the manufacturer’s ultimate goal. Can you imagine the power that a thought-form possesses when it is simultaneously recited by a great choir of many voices?! As a result, the charismatic cloud mentioned in *Apples Fall from the Sky* becomes embodied in material reality. The world will mirror those peoples’ thoughts turning them into physical reality. What happens then is that the buyers themselves create the fashion for the product the company is advertising.

It is also very important to maintain an atmosphere of unanimity among all employees on key issues. If unity does not exist, it is imperative to find ways of achieving it. The intention of all the organization’s elements must stem from the same focus, otherwise the pendulum will not last long. The will of the manager alone is not enough. There is great power in a unified

team striving towards the same goal. Collective intention strengthens the pendulum and realizes the target sector in the variations space. The most important thing is to avoid negative thinking. Any company is doomed that starts the working day with the general lament that it has no money, for this is the thought-form with which it will shape its reality. Whatever else happens, a collective positive attitude must be achieved, as well as an overall focus on the goal, moreover, in a spirit as if success was inevitable. The difference between desire and intention is described in detail in the book *Transurfing Reality*.

You have to set a strategic goal and then gather people together and explain to them how to work with the goal slide. It is essential to persuade employees that collective intention is a powerful instrument in shaping reality, and that doing so is in the interests of the enterprise and therefore, their own personal interests. Identify working with the target slide as one of their most important responsibilities. You can even gather for at least half an hour a day and together paint a picture of the business thriving. There is just one condition: you can only expect to see results from events like these if they are carried out systematically, otherwise, it will be futile and nothing more than fatuous dreaming. Despite the fact that it might appear somewhat unusual, regular, purposeful work with thought forms with all employees participating will definitely pay off. Some businesses hold industrial gymnastics events and no-one thinks that this is stupid.

The well-known Japanese ‘economic miracle’ serves as a good illustration and confirmation of the effectiveness of this

approach. In a short time, Japan was transformed from an underdeveloped agrarian country into one of the most technologically advanced powers in the world. One of the most important factors contributing to the country's rapid economic growth was the Japanese national trait — cohesion. The organization of labor was arranged in such a way as to corresponded to this trait. A distinctive feature of Japanese enterprises is a particular ideology that calls for the collective effort of the entire team as grounds for the successful development of production. The aspirations of each and every employee are directed towards the good of the enterprise. Even after the working day has ended, the Japanese do not go straight home. Instead they go to a cafe with their colleagues, and continue to discuss production-related topics.

Of course, you do not have to implement the same experience in your own business, or for that matter make the practice of Transurfing obligatory. What is important is that people understand the core of the method and should want to use it themselves. For this to happen, they must, first and foremost, be content and interested. The *Freiling principle*, a powerful tool for human resources and marketing management, comes in handy here.

Another quality of the pendulum that can be exploited is its tendency to increase the energy of conflict. Conflict arises not internally within the organisation but in clashes with opponents. Do not be afraid of confrontation with your competitors, obviously within reasonable limits. The pendulum's strength will only be increased as a result. In

business, it is not uncommon for all sorts of methods to be brought into play aimed at undermining the stability of competitors. And besides, the more the noise, the louder the scandal, the broader the fame. Such is the nature of reality.

Overall, if you think about it, knowledge of the Transurfing principles helps you to clearly set your business priorities, that is, choose a strategic course taking account of a number of issues. Using these principles, you can make your management strategy transparent and, therefore, effective. If you bring the development and strengthening of the pendulum to the fore, then it will carry out most of the work required to promote the organization or group of its own accord. When the pendulum is strong enough, it will make sure that the “suitable candidates” in leadership positions are replaced by the “best candidates”, so that the product can become not only saleable, but also top-quality, and the organization can flourish.

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SOMEONE ELSE'S INTENTION

- *I don't have any particular desires or goals of my own — I live for my children's happiness. I love them to bits and my whole life have prayed, "Lord, make my children happy!" This is where the mistake came about. My eldest son (a twenty-two year old student) once confided in me that he smokes drugs and feels happy about it. That's my prayers for you... Everyone has their own concept of happiness. It turns out, I should have decoded what I meant by happiness: prayed for him to be smart, healthy and strong in spirit. Of course, now I pray that the Lord will guide him onto the right path. I have told my son that I love him very much and believe that he will find a way to cope with the situation. And I truly believe that everything will work itself out. But my heart bleeds for him. I treat people by offering massage, and restoring their energy, but I can't do anything to help my own son. I cry rivers, although only when I am alone. It is not easy to steer the boat, when you are not alone, and have children. Honestly, I don't understand how in this case the coordinating*

intention principle could be applied, or how one could even speak of intention — you would not exactly call a situation like this 'an annoying circumstance'.

It would be a mistake to think that you can significantly influence the fate of another through your own intention. You only have any power over the layer of your own world. You are only capable of influencing those around you indirectly, through the means of balancing forces. The hostile intention of another is in fact capable of influencing the world layer of others with the help of pendulums, but that is a different question altogether.

The key phrase in your letter, "I love them to bits…" points to the root of the problem. If the spokes of a wheel are overtightened on one side, curvature will appear on the other. Reality gets bent out of shape in exactly the same way. The more you love and adore your children, the more they will give you cause to be disappointed. This is how balancing forces restore equilibrium.

This has nothing to do with the coordination principle. In relation to our loved ones, it is important to be guided by the Transurfing rule: allow yourself to be yourself, and others to be themselves. You need to "let go" of your children and not pressure them with your love. Otherwise, on an energetic level, you generate the following picture: "I love you so much that I will suffocate you right here and now!" Your children cannot explicitly free themselves from your "embrace", therefore, they flutter about, like leaves caught up in the wind of balancing forces. And the wind travels to a place where something unlovable happens.

At the same time, you have to understand that not everything that is happening is solely down to metaphysical causes. It is also possible that your influence has nothing at all to do with what is happening to your son. But the only thing you can do to genuinely help your children is to follow the rule of Transurfing.

- *It seems fairly clear how to protect yourself from your own inner turmoil and the influence of pendulums. Could you say something about how to protect yourself from the fears and anxieties of close relatives, for example, parents? It seems to me that their worries have no less a damaging impact on us than our own stresses and anxieties.*

If you cannot get them to see the harm that a negative attitudes does, then there is nothing else I can suggest. Overall, the negativity of close relatives does not have as much an influence on your life as you might think because you are the main contributor when it comes to shaping the layer of your world. In a sense, the fears and emotions of relatives in regard to any aspect of your life will play a positive role because balancing forces will seek to restore equilibrium. The worse their expectations are, the better you will do. In any case, the main thing is not to attach too much importance to what your relatives say about you. If you start thinking that they are capable of having a tangible effect on the layer of your world, that is what will happen, for just like a mirror, the world reflects your convictions.

- *Due to ongoing social, family and other circumstances, we rarely find ourselves alone — there is always someone else around. Take*

a couple for example. One person in the relationship might want to change their life, their "layer," and will establish the corresponding attitude to the world around them. "Golden rain" could be ready to pour down upon them and the 'rain' would not single out this one individual. It would fall down upon both members of the couple. Or you would think so. But if the other partner can only see the negative in life, and does not want to change their attitude, then logically speaking, they are as likely to see a wave of good fortune as they are able to point to the end of their own finger.

My question, therefore, is this: which of these two would "overpower" the other? I don't want to consider the option of the couple separating, heading off in different directions, each getting their due. However, the mind cannot deny that there is something askew here in the chain of cause and effect. Either success will pass by the optimist because of the partner's pessimism, or an undeserved stream of abundance will overspill into the life of the pessimistic partner.

If we take solely the metaphysical aspect of shaping one's reality, then each individual creates with their thoughts their own separate reality. The mirror accurately reflects your attitude to life. The attitude with which you stand in front of the mirror, is the reflection you will experience in everyday reality. Such is the law of the universe. You do not need to worry about how the reflection is formed. Your job is to direct your thoughts, or rather, your intention, in the right direction.

If you do this regularly and purposefully, your intention will become manifest in physical reality. And there is nothing that

other people can do to prevent this from happening. On the contrary, if those close to you start to hold you back, they will naturally disappear from your environment. For example, you may leave and move somewhere far away. That is what I know for sure. Other arguments along the lines of, "Some people are meant to be happy in their thoughts, and some aren't," are nothing more than abstract speculation, and I won't talk about what I don't know.

However, it is important to understand that you can only be the sovereign master of the layer of your world if you direct your intention towards building it. If you do not have a goal and you do not control your attitude to reality, leaving your train of thought free to take its own course, you will lose control of the ship of fate, and it will be carried along at the will of the waves. Your home will turn into an abandoned barn, that anyone can climb in to and there create whatever they like.

Other people's intentions can influence the layer of your world in an indirect way, through balancing forces. When people form opinions about you that do not correspond to reality, something called *polarization* is created, and then balancing forces strive to restore balance. The easiest way for them to achieve this is to make you behave in a manner that is the exact opposite of what those other people think. If you do not have a strong inner core and your perception of the world is amorphous, then the wind of balancing forces will play around with your boat. To prevent this from happening, all you have to do is practice Transurfing, that is, instead of chaotically puddling about in the circumstances of

life, set a clear intention, and observe and control your train of thought.

- *If I am thinking that life is good and not expecting anything bad to happen, but my wife is panicking, then which scenario is more likely to be realized? Will the person whose energetic potential is higher play the decisive role?*

When you live with someone, your layers inevitably overlap. Both good and bad energy can flow from one layer into the other. Of course, energy levels play a certain role, but intention is still the main factor. Living with people who have different goals is like having two boats roped together. The individual who consciously moves towards their goal will have a sail filled with wind and set strictly on course. The other person's boat, which struggles along at the behest of the waves, will have a sail that flaps about in the wind — it does not exactly help, but it does not interfere too much either. Although if the second person has a pathological tendency towards negativism, then their boat will be capable of slowing down joint movement.

There is no need to be concerned if your loved one does not want to follow the principles of Transurfing. It is enough that you follow them. If you maintain a positive mood, more and more goodness will penetrate into your partner's world, which means that they will have less and less reason to be dissatisfied. In any case, the steered boat will reach its goal, even if it has to serve as a tug along the way. The main thing is to observe *your own* attitude to life and to keep your train of thought focused on your chosen course. If all this is in order, anything else is irrelevant.

- *I am trying to apply the theory of Transurfing to my life. Sometimes I am surprised to find that it does actually work. But I have the following question: what if my mother thinks that I am a failure, that I live on the verge of poverty, that things will only get worse in the future, and that I only have myself to blame for this sorry fate? She is a strong woman, and has been trying to control me all her life (although I try not to react to her advice on how I ought to live). I think she must be sending powerful waves of negative energy towards me because sooner or later all my intentions run into obstacles. My mom is the kind of person who won't listen to anyone else's point of view. So talking to her, trying to convince her that I am fine and that I have a good life is utterly pointless. All she ever says is, "I can see that!"*

Your mother is influencing your world layer for the sole reason that, as you yourself write, "she must be sending powerful waves of negative energy towards me." I repeat: like a flawless, dispassionate and very precise mirror, the world reproduces the picture that you yourself paint with your worries and fears. The heart and mind always come together in our worst expectations. In fact, it is not your mother who is having a negative influence upon your life, but you yourself because of your attitude towards the relationship.

You need to change the way you think about the situation, namely, to understand one simple thing, which is this: when other people, whether they are close to you or not, think and say things about you that do not correspond to reality, in other words, that distort the real picture, balancing forces will come

in to correct the distortion. And the impact tends to alter the picture by creating contrasting.

What you should really be afraid of is undeserved praise, when people eulogise about you. If you find yourself being over-praised, you need to figure out “what you can do wrong” in order to restore balance yourself. For example, if people say that you are smart, get down on all fours and with a very smart look, make the noise of a hoofed animal. If people admire your strength, try fainting. If they envy your wealth, ask them for a loan. And if they have the audacity to declare you irresistible, pull an ugly face.

It is another matter when you are told off or insulted with no good reason. The worse other people’s opinion is of you, the better things will go. But only on the condition that you do not go inventing all sorts of nonsense about someone else’s intention being supposedly capable of intruding on the layer of your world. If you attach zero importance to that someone else’s dark intention, it will just bounce off you like water off a duck’s back. Judge for yourself: throughout history there have been politicians who have exploited popular, national hatred. Imagine what it would have been like for them if someone else’s intention had been capable of having even the slightest effect.

And so, when you find yourself facing a negative attitude, just giggle quietly and rub your hands together in happy anticipation. Have fun!

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JUST TRANSURFING

▶ *I'm reading "Transurfing Reality" and for some reason, it is really slow. It took me about eight months to read the first volume. Maybe this one is just more difficult to take in... I had to re-read some chapters several times. Perhaps the book itself requires that it be read slowly, giving time to consider and digest the content... Basically, my progress with assimilation is fairly minimal.*

And another important thing: it's hard, really hard to get rid of excess potentials. They pop up all the time. I know that you shouldn't "ramp up" an emotional situation, but what if I am just naturally a very emotional person? It is not easy.

I'd like to share some personal observations. This is the thing. Quite a while ago, I noticed a particular phenomenon in myself, which is now helping me to achieve my goals. I work in telecommunications and hold a good position in a large company. I also have several of my own concerns in the industry, which

bring me some interest. I have learned to energize my activity. That is, to attract success in my work. And the whole secret lies in... what, do you think? In the banal reading of professional literature. In short, there are, or rather, there have been times in the past, when I didn't want to work — we had no clients, no projects, and then there are times when work pours in: clients appear out of the blue, and the most ridiculous projects are brought smoothly to successful conclusion, and at the same time, my personal interests are fulfilled without much strain.

This is how I got to this stage: I equipped myself with comprehensive information on my professional field — several periodicals on the topic of telecommunications, Internet mailings, and paid subscriptions to tenders. In short, I swamped myself with information and immersed myself in its study. So, I set out, bought the magazine I needed and started reading. Yes, that's it, just reading, in the evenings, sometimes at night, during my lunch break, basically whenever possible.

And what happened? Here's what: after a while, about a week, the business dynamic around me started to pick up. Almost out of nowhere, potential clients started appearing to whom I could sell or offer something. Various projects appeared literally out of thin air. You start seeing benefits, your own interest, everywhere, actively engaging in projects, and working with clients. You feel that everything has come alive again, that you are once more at the center of events. Clients seemed to find themselves through old channels that I had forgotten about. I picked up on past connections, and new relationships began. There really is some kind of magic at work here.

Then I took the next step. I began to change the selection of publications I was reading. I began to diversify my information-diet, namely, started buying a political magazine once a month. And after a certain period of time, what do you think happened? I was getting promoted up the career ladder. I was getting new offers, although this was something I had not looked for especially. It really is a mysticism of some kind. There is no other way to describe it.

I am studying your book now. I say "study" because the word "read" does not do it justice. It ought to be offered as a separate academic course. You write: "For a variation to be realized, it must be illuminated by your energy." But what kind of energy? If it's emotional energy, then we get pure excess potential. And how are you supposed to track this energy in yourself and define it? How do you know precisely what information will attract the right potential scenarios? If only we could know exactly what kind of information feed would correspond to which goal! Now that really would be magic.

There is no magic here. Magic, in the ordinary sense, is when something happens that defies rational explanation. What is going on here is much simpler than that. I say it over and over again — your whole attitude to life is reflected in the world around you, as in a mirror. You create the layer of your world with your own thought forms. In order to understand what is happening to you and around you, it is enough simply to pay attention to your thoughts.

When you immerse yourself in the study of specialized literature, your train of thought becomes ordered, and as a

result, a corresponding reflection begins to appear in the mirror of life. As at the entrance, so at the exit. Elementary. It could not be simpler.

So, if everything is so simple, why are not all desires met, and why do not all dreams come true? Here, too, the answer is elementary. What happens is that people fail to fulfil two very basic conditions.

First, there is a delay factor, a time lag to the world mirror's response, therefore, *it takes time for thought forms to materialize*. But people are not used to waiting. If you act within the realms of inner intention, the consequences can be seen almost instantly, whereas the workings of external intention are invisible, and so the cause-and-effect relationships are more difficult to trace. This is partly the reason why people do not believe that they can shape their own reality with their thoughts, and why they do not take these things seriously.

Secondly, *in order for a thought-form to become rooted in physical reality, it has to be reproduced systematically*. In other words, you have to run the goal slide in your mind regularly. Unlike ineffective daydreaming that we indulge in from time to time, this is a concrete task.

Usually, people get all fired up over an idea but then cool down just as quickly, for there is no such thing as a miracle, right? You need to work at it. Only not with your hands but with your head. How can a mirror, that responds with a delay factor, produce your reflection if all you did was stand in front of it for a brief moment and then run away?

For example, when you start reading relevant literature, you are encouraging your thoughts to work in the right direction. Even if you only manage to do so sporadically, the mirror will still provide tangible results. Can you imagine what would await you, if you made a little effort and took control of your thoughts? When undertaken systematically, working with the goal slide can produce overwhelmingly positive results.

When left to their own devices, your thoughts will create a fuzzy image, and as such, you will get a corresponding reflection: a chaotic, unwieldy reality over which you have no control. On the other hand, thoughts that are strictly directed form a powerful ray of intention. It is like a laser beam in contrast to the light of an ordinary household bulb. *You control reality by controlling your train of thoughts*.

But nobody does it! You just have to *do the work*, that's all. Your main problem is that you have raised the importance of the Transurfing theory to an all-time high. You have literally erected a granite monument and are walking around it awestruck, afraid to approach.

Transurfing is not something that should be studied, like a textbook on higher mathematics — you just need to follow the basic recommendations that are very precisely set out in my books; it's as simple as that. There is no need to trouble yourself with unnecessary questions like: "Which energy should I take, and where should I direct it."

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CHASING THE SUN

- *I have not created a sufficiently rich goal slide — yet. This might be because I find a significant contradiction in the Transurfing theory: the goal slide is based on the intention to have something, which is completely at odds with the Freiling principle: "let go of the intention to receive, replace it with the intention to give, and you will receive the very thing you let go of." I cannot see how these two statements can be reconciled in a clear shape, hence the distinction remains.*

There is no contradiction here. Freiling and the goal slide are completely different things. Freiling is a technique for interpersonal relationships. Its principles are applied in action, that is, in the process of communication. The first Freiling principle changes the dynamic from "get" to "give".

The slide is not associated with a process as such. It is a static image which depicts what the circumstances of your life would look like if you had already achieved your goal. When you

visualize the slide, you imagine to yourself that you already have the thing you want. Do you see the difference? “To get” is a process; “to have” is a concrete result. Freiling regulates the focus of inner intention; the slide regulates outer intention.

- *How should the visualization process be approached if you have several (goals)? Maybe I just haven’t found the one true goal for me yet, but of those I do have, I like: decorating the apartment (the apartment itself suits me, I don’t want to change it), a new car (I know the model and I can clearly see myself driving it), a different job (I know what the circumstances look like), plus two or three other points related to health etc. “Crawling” through goals might not be very effective but is it difficult to limit yourself to one. Still, they are loosely connected in that they are all part of how I imagine the life I want overall.*

The goal, that in Transurfing is referred to as *your true* goal will naturally entail the fulfilment of all your other desires, therefore, it is best to strive towards your one true goal. Your true goal is the one thing that would so transform your life, you would feel like you were permanently on holiday. Ask yourself what this is. If you do not know yet, then you can still ‘crawl’ through several different goals. The key is to do it regularly.

- *The book ‘Transurfing Reality’ is quite accessible and there is a lot of information in it about visualizing the goal slide. But I find that when I scroll through my imagined scene, doubts arise: ‘maybe this is just a dream and not true visualization’, i.e. a pointless exercise? I have been dreaming of different things for so many years! When I see myself in the car I want, even with the*

openness to having it already, I have the feeling that it is just a continuation of the same old dream. Is the decisive attitude towards 'having it already' something that comes with practice?

Working with a slide differs from daydreaming in that the work is carried out systematically and purposefully. You are carrying out a specific task. You need to work on the slide for at least half an hour a day, without tension, in a way that is convenient for you, so that you can take pleasure from spending time with the picture in which you have already achieved your goal (or several goals). The determination to have something is either there from the outset, or it has to be teased out through regular slide work. There is no such thing as a miracle. It is just that as a rule, people are not prepared to do the work: either they do not really believe in it, or they are simply too lazy. But if you do the work, the results will feel like a miracle.

- *In Transurfing, we inevitably achieve something because it is a technique aimed at achieving goals. When we have something we want to achieve, desire is present, and therefore importance, too. At the same time, Transurfing recommends that we do not attach too much importance to results. It is a weird kind of paradox. On the one hand, we want to achieve something, and on the other hand, we pretend we don't. The thing is, if I can learn not to want whatever it is that I really want, then why have the goal at all, and at this point, what difference does it make whether it is achieved or not?*

If you add to desire the determination to act, you get intention. If you add to intention doubts that the goal is realistically

achievable and fear of failure, then what you are left with is simply yearning. This is the importance, that it is essential to reduce. Desire of itself does not create noticeable excess potential — this arises when you grab the world by the throat with your doubts and fears.

There is no point in pretending that you 'don't want' to achieve your goals. Self-deception does not work. The trick is not to think about how the goal will be achieved, and not to dwell on the script. It is not for you to know exactly how the goal will be achieved. Your job is to do the work of visualizing the slide and putting one foot in front of the other in the direction of your goal. If you are going to focus on controlling anything, focus on the coordination principle. Then the mind will remain calm, and any fears or doubts will dissipate.

- *How do you shape the slide properly to avoid creating distortion? For example, my desire is to receive the necessary funds to complete a house I am building. This is the affirmation I came up with: "My world gives me the means to finish my house." Is it important to add the timescale in which I want this order fulfilled and the amount I need? Intuitively, I sense that I should not try and impose limits on the world in this way. On the other hand, I want to get help with this in the foreseeable future.*

When you think about deadlines, the amount of money you need, whether or how it will all work out, you are effectively thinking about the means to achieve the goal. Doubts like "Did I formulate my affirmation correctly," are the same thing. On the one hand, you want the world to take care of you, while on the

other, you are totally absorbed with concern over how the world will go about it, if in fact it really will.

You have to choose one of two things: either you accept as an axiom the unlikely assumption that the world will somehow sort everything out, or you act within the framework of the customary worldview and rely exclusively on your own strength. If you know how to proceed, and you have no doubt that it is realistically doable, then you can pick the second option. If, on the other hand, you have no idea what to do or how to do it, you have to embrace the other option, however implausible it may appear. Alternatively, you can accept that you will be left with nothing, albeit safe within the familiar framework of common sense.

It is important to understand one simple thing: the world, like a mirror, impeccably conveys your thoughts and intentions. No more, no less. When you puzzle over where to find the money, the process of your search for funds is materialized in physical reality, and this could take a very long time. As the shape, so the reflection. Or you could do the opposite — focus on the ultimate goal, that is, turn a slide in which the materials are being purchased and delivered to the house, the builders are arriving and setting about completing the house. In this case, you are not worried about where the money comes from. You are focused on the achievement of the goal.

In either case, the world mirror will reproduce, totally impartially, whatever reality you choose. Can you see the difference? When you think about the means to the end, what you get in your reality is the playing out of all your worries and

concerns that revolve around this problem. And likewise, when you think about the goal being realized and the moment of achieving it, you bring about the desired result. The funds will find themselves and very likely come from a completely unsuspected source. But they will only find themselves on the condition that your attention is focused on the end result.

Imagine the following situation: you find yourself in an unfamiliar city, and you need to get to a high tower, that is a distinctive landmark. When you think about the means to the end, you are effectively getting down on all fours, staring at the ground, and inching lamely forward within the limits of your own capabilities and external circumstances. Obviously, in the process of moving towards your goal, the tower, you will spend a long time straying from the most direct route and bumping into all kinds of obstacles. Life is the same — a continuous process of overcoming difficulties. But it will be a completely different matter if you stand up and move forward, constantly keeping the destination in sight. Then the road will present itself.

This all sounds right, but it is a bit scary to believe in, isn't it? If you use this kind of reasoning with people who are not ready for it, they will laugh at you. It is true, it is not easy to break free from the clutches of common sense. But I am not urging you to believe in anything. All that is required is for you to stop thinking about the means to achieving the goal and to turn your attention instead to the details of the goal itself. And one more thing: do not fall into the trap of expecting an instant result. Instead, work on the slide systematically. The world mirror

responds with a delay factor — it needs a certain period of time in which to form the next reflection.

I do not want to create the impression that it is enough just to sit back, fold your arms and contemplate the nature of the goal slide. Reality has two objective forms: physical and metaphysical. I would not advise putting all your bets on one or the other. You cannot just stand still staring at the tower expecting to one day arrive. You have to put one foot in front of the other as well. Therefore, working with a slide does not in any way exclude but, on the contrary, presupposes taking action within the limits of familiar experience. One should not exclude the other. It is just that by working with the metaphysical side of reality, you greatly increase your chances of success.

So, it is not about miracles or about believing in something, so much as doing specific work with consistent regularity, keeping your thoughts focused on the picture of your goal as if it had already been achieved. It is not difficult, you just need to actually DO it. As a rule, people do not do it. They think about the means instead, which is consequently what becomes reflected in their reality: if the goal is achieved, then it is usually only at the cost of immense effort. This is where the experience “son of life’s hard knocks” comes from. Those who stubbornly adhere to common sense create for themselves a laborious reality. It is as if they were chasing after the setting sun. The question is, how can you make the sun move towards you? Very simply, just turn in the opposite direction. Drag your thoughts away from the question ‘how’ and redirect them towards the goal itself. Then, reality

will reflect the end result and not your struggle to acquire it. Reality is the mirror of our thoughts.

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PARADOXICAL SITUATIONS

- *I read your books and try my best to follow the Transurfing principles. Yesterday for example, I was all set to have a really good day. I was totally confident that it was going to be a great day. But right from the morning, everything started to go wrong. Trouble came raining down on all sides. So, what was it? Was I wrong to anticipate the pleasure of a good day? I've noticed that his often happens to other people, too. Can this situation be explained from the point of view of Transurfing, and most importantly, how can you halt an avalanche of minor troubles, as they might get bigger, right?*

Once again, it bears repeating that the world is a mirror which responds with a delay factor. It is unlikely that you will be able to create a supportive environment in all areas of your life in just one day. On the contrary, once you set yourself up for a "good day," you are more likely to have a difficult day filled with hassle. After all, your reality has not yet had time to rearrange itself,

and there you are already declaring how wonderful everything is. In this case, balanced forces will undoubtedly try and restore the normal state of affairs corresponding to your current reality, while pendulums, noticing your discontent and disappointment, will add fuel to the fire.

A successful reality equates to stable, daily observance of the principle of coordinating intention, as well as some playing in front of the mirror that is taking care of you. According to my observations, it takes about three to seven days to set up a more or less favorable reality, or even longer, depending on how much negativity has been accumulated previously.

- *In your books, you write that there is no point in bashing your head against a windowpane like a fly trying to escape, and that it is better to take the path of least resistance. If a door is not opening up to you, it clearly is not your path, and you should look for something else.*

  A friend of mine applied to medical school every year, ten years in a row. By the time she graduated from medical school, she had given birth to four children. The eleventh time, she got in and has long since been an excellent urologist. And nothing terrible happened. She loves her work and is convinced that once you have decided to achieve something, you have to see it through to the end and never give up. She likes to cite the example of a frog that falls into a jug of milk and whips it up into butter.

  Another friend had just two children at the age of twenty-four, but was married to an Uzbek from a very wealthy, conservative family. She also graduated from medical school, but her husband would not let her study at the institute. He wanted to keep her

locked up at home and threw out all her textbooks. So she secretly matriculated and did a correspondence course with the department of biology. You could have made a film about how she hid it during those first semesters. And eventually, her husband gave up unable to break her resolve. At the same time, she went to work as a nurse, then became a senior nurse in a special hospital, acquired connections at the top, graduated from the biology department with honors, and — a unique case — after the strictest examinations and the highest petition, she was awarded a qualification as a physiotherapist at thirty-five years old with seventeen years nursing experience. During this time, the husband's family lost everything, his business went bankrupt, and now she is the only breadwinner.

So what do you think? Is it worth going after what you really want? And how do you tell a true goal from a false goal?

Your first friend really did "whip the butter". She *achieved* her goal but at what cost? Such 'extreme' methods only testify to the extraordinary stubbornness and stupid wilfulness of the mind, which even now will not let the soul get a word in edgeways, and instead keeps repeating that this is her goal and she is happy with life.

As for the second friend, was she not the one who 'ruined' her husband? After all, his family was rich and conservative, and she 'hacked' into its foundations. Of course, it is impossible to trace all the cause-and-effect relationships in that situation now, but it is obvious that when a person actively rows against the pull of the variations flow, they break fate, and not only for themselves. Maybe not directly but indirectly.

The persistent desire of the mind to get what it wants at any cost can be provoked when a person has had it hammered into them from childhood that they must "be someone". A girl has to be a teacher or a doctor, a boy, an astronaut. Unless you achieve a certain status in life, you are a *nobody* — an empty space. When this happens the person is deprived of the opportunity to think about who they really want to become because they are overwhelmed with examples of other people's success. As a result the mind is zombified by public opinion, and the soul is driven into a dark closet, gagged with hands and feet bound.

Both your friends' stories are examples of how people crash through other people's doors, their minds stubbornly insisting that they must keep going towards their goal to the very end. Okay, you might say, but both achieved their goal and are satisfied with life…

I doubt it. After putting in so much effort, they would never want to admit to being dissatisfied with themselves or others. They were driven not by dedication to a dream, but by the desire for self-affirmation. How to distinguish your goal and your door from other people's is described in detail in the book *Transurfing Reality*. That is not to say that the road to a cherished dream should be strewn with roses. It is not always easy to achieve your own true goal. But not at that cost!

There are certain factors here that you should be aware of. If your goal is to occupy a certain position on the career ladder, that is, to become one of many others like you, then you do not have to strive to be the best in order to achieve success. It is much more important to fully comply with the requirements of

the structure you find yourself in. If your have chosen your door successfully, and are diligently following the *rule of the pendulum* that you are working with, then there are good grounds to hope that your goal will soon be achieved. It is worth bearing in mind that the pendulum gives preference *not to the best*, but *to the most suitable*, since this approach is more reliable when it comes to the good of the organisation overall. This does not mean that you should not strive to grow and improve your skills. I'd put it like this: *you need to be the best among those who fit the structure*.

If, while moving towards your goal, you create something fundamentally new in the field of culture, science, the arts, sports, or business, especially if your creation entails the birth of another pendulum, then you will have to go your own unique path, breaking the usual rules. And your path probably will not be an easy one. Old pendulums do not like individuality and will do whatever they can to push the newbie into the background. But, if you are sure that your creation is innovative, stay calm and resolute — the pendulums will not be able to keep you in the shadows for long. If this is your true path, you will have to maintain a steadfast believe in your own guiding star and carry on irrespective of temporary setbacks. Your star will surely rise, and when it does, it will have its own pendulum. That said, the thorny path to success can take decades or more, as you can see in the examples given above.

- *My current goal is quite firm. I want to move to St. Petersburg. At the present time, I am living in Southern Russia in the city where I was born. I hate it here. I even hated it as a child. I am totally focused on moving. I have detailed slides that come together*

easily. My goal is not just the classic intellectual "bolt," as in, "I want to go to the capital of Russian thought". When I arrived in St. Petersburg for the first time, I had an incredible feeling, something I had never experienced before, that finally I was where I was MEANT to be. And when I left, it was like I was leaving my home. I have friends there, I have good job prospects, a sense of fulfilment and… true love. Do not think that this is just another poetic metaphor — it's the real thing. I repeat, I am determined to move. I would go tomorrow if I could.

The only thing putting the breaks on is my relationship with my grandmother. She is over eighty, and except for her, I have no one. I am an orphan. She absolutely refuses to go with me to St. Petersburg although she has never been. At one time she even believed that St. Petersburg was immersed in polar night for a full six months of the year. There you have it… And I feel like there is a knife running between my confidence and my feelings for her. She is my only blood relative. I love her, she raised me. The thought of leaving her all alone scares me. She can manage by her herself (at least for now) — she is cheerful and bright (touch wood), but time is getting on and she's not getting any younger. She's an old lady. And I don't want to leave her for good. But even in the long term, she does not want to live in the northern capital. I can empathise… being asked to leave her home at her age… But I can't imagine any other life for myself, except in St. Petersburg. It's tearing me apart.

And another question. You encourage people to let negative information pass them by. What about compassion? When I read in the newspaper that somewhere in the world kids are dying, it

pains me to the point of tears. Does that mean that I'm too flawed for Transurfing?

You need to answer one specific question: who are you living for, yourself or others? If you have read *Transurfing Reality*, then you will know that compassion is not always about generosity. Oddly enough, sometimes it is more about a kind of spiritual emptiness, which happens when the soul is already depleted, and the 'compassionate' mind is forcing her to give even more of herself away to others. I am not going to try and convince you either way. It is something you will have to decide for yourself: do you live in order to be compassionate and caring, or in order to enjoy life?

Only do not go accusing me of indifference: "Oh right! Turns out, he does not give a damn about the kids!" The absence of external importance is not indifference but a sober assessment — rational egoism, if you will. I do feel sorry for the kids. But I do not revel in feelings of pity. What do I mean by *revel*? Let's say a catastrophe has occurred somewhere in the world. One type of person will revel in their misfortune, indulge in self-pity, tragically grieving and ecstatically persuading others of how awful everything is for them. Another type, having fallen, will pick themselves up, dust themselves off and move on — life goes on, no matter what. The same can be said of the pity we feel for others. If there is nothing I can do to help, my pity is meaningless. If you constantly listen to the news and feel sorry for all those unfortunate souls in the world, you will go crazy. Throughout the world, *tens of thousands* of good people die *every day*, and every single one of them is worthy of our compassion.

Some people will protest at what I have written: “Right! So we’re supposed to live solely for ourselves and not care about anyone else? Interesting philosophy!”

I don’t do philosophy or demagoguery for that matter. But if you turn the compassion, which everyone thinks of as an unquestionable virtue, inside out, you will find that it has a dual nature. Compassion can be evoked by genuine empathy, but it can also stem from a sense of duty motivated by guilt. Feelings of guilt, which are often unconscious, can motivate a person to fulfil certain obligations, to do their duty. But people prefer to remain unconscious of this underlying reason and put on a show of a supposedly primordial form of integrity.

So how should we distinguish genuine compassion from seeming compassion? Very simply, you just have to give an honest answer to the following question: what is really contributing to your attitude to events, sincere empathy or a sense of duty? Or to put it another way: which of these two is playing the greater part? If it is a sense of duty, then you can let it go with a clear conscience because duty has nothing to do with virtue. Adopting this position does not mean that we are callous. As a rule, we care deeply about our loved ones. But if you find that caring has turned into a burdensome obligation, then it is time to convene a council of the mind and soul, and let them decide what to do about the imaginary virtue of compassion.

In the end, our greatest obligation in life is to take care of our own soul, and only then, the souls of others. This topic is so complex, trying to talk about it is like walking a knife edge and so I would normally have serious doubts about responding to

this reader, if it were not for the last paragraph of her letter, which expresses clear traces of a guilt complex. So do take this into account when reading my reply.

The main thing is that this is not something that should be resolved by reason alone, as reason is used to looking warily over its shoulder at public opinion. You should ask yourself this: honestly, what do you want more? To give the gift to someone else or to keep it for yourself? Whatever you are about to say, if you are experiencing inner tension or discomfort as you come to say it, this is a sign that it is the wrong answer. The soul will experience longing and disappointment if the mind deprives her of her favorite toy. You will feel the pang in your heart. There are occasions, it is true, when the council of heart and mind may even decide to sacrifice their own life for the sake of others, but when they do, you can be sure, it is never for the sake of being virtuous.

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GIFTS AND COMPLIMENTS

In comparison to other methodologies designed to influence people, the principles of Freiling are distinguished by softness and warmth. There are certain harsher psychological techniques which you can use to subject others to your will, cunningly forcing them to act in your own interests. These methods are based on exerting a direct influence on the world via inner intention. Exerting a harsh impact on the world is ineffective, has side effects, and goes against the principles of Transurfing. In ‘trans-relationships’, external intention makes use of the internal intention of others, without compromising their personal interests.

There can be no question of control or subordination here. It is much nicer and more effective to use methods that depend on expressing genuine interest in other people. It is better to give goodness to others, thereby increasing their sense of worth and receiving the same from them in return. But this must also be done wisely.

One of the easiest and most affordable ways to emphasize the qualities of another is to give them a compliment. However, even this is not as straightforward as you might think. Along with the pleasant feelings it evokes, a compliment can carry a tinge of ambiguity. The person to whom the compliment is addressed may always doubt the sincerity or intention of the person giving it. The reason for this is that genuine kindness tends to transform into good manners. As you know, manners are not always an expression of sincerity. When interest in others is elevated to the rank of etiquette, it can easily become vulgar, sometimes offensive.

Even when a person is experiencing serious problems, they are forced externally to wear the mask of well-being and pretend that everything is all right. When someone asks cheerfully, “So, how are you?” they are obliged to answer with the standard phrase that observes ‘etiquette’. How does this make them feel? If not offended, then at least needing to increasingly strengthen their protective screen. They know that they are living in a jungle, where everyone is out for themselves, and no one really cares about anyone else’s problems. As for the jungle — it may be a slight exaggeration, but when it comes down to it, that is pretty much how things are.

Sincerity is always filled with the energy of genuine interest in another. But it does not benefit the pendulums, when people go around gifting positive energy to each other, exchanging heartfelt warmth. Therefore, pendulums formed the stereotype of good behavior in which sincerity is replaced with the cheap substitute of good manners. Does the ‘business-smile’ really

come from the heart? Good graces are all very well, as long as they do not squeeze out genuine attention, sentiment, and interest in other people.

You will, of course, be familiar with etiquette and all kinds of 'courtly' manners. You use them consciously but more often than not, automatically. If you deliberately try and replace habitual, devitalized manners with genuine interest and fellow-feeling, you will find yourself benefitting from a great advantage. The people around you will instantly pick up on your sincerity. Everyone is so accustomed to sophisticated counterfeits, that a rare original instantly arouses active interest and good will.

Replacing good manners with sincere friendliness is easy. All you have to do is switch your attention from yourself to other people and show interest in them. You do not need to study psychology to learn this. It is enough to repeatedly ask yourself the question: what motivates people? What are they striving for? What engages them? You can easily find the answer to these questions by imagining yourself in the other person's shoes. Once you have identified the focus of a person's inner intention, let them know that you fully appreciate their efforts. That is all it takes. In return, you will receive their gratitude and goodwill.

A fake, standard compliment can be replaced with a natural alternative — *a gift*. *You give a person a gift when you let them know that you appreciate their efforts to be of more value*. Internal intention is usually focused on something specific as people seek to emphasize and enhance their significance in a specific area. They expect others to pay attention specifically to the things that

they want to emphasize, and to recognize their importance on those grounds.

For example, a man may compliment a woman on her dress. But this won't touch her at all if she has several dozen more dresses at home the same. What he did not notice was her new hairstyle. His gaze was inward-facing, so he did not observe the woman and could not determine where her inner intention was focused. She had put her efforts into something else entirely and expected him to appreciate that instead. A compliment will either emphasize something in common, or something else entirely, whereas a gift always has a narrow focus and hits the spot. A gift is real.

"You look nice!" The standard compliment, of course, emphasizes importance but it sounds stereotyped, stiff, vague, and therefore unconvincing. You need to determine what exactly a person has done to make themselves look good, the individuality, the spark. If you show sincere interest in a person, it will not be difficult for you to discover their goal and send them a gift, that is right to the point.

If you cannot determine their intentional focus, then you can at least avoid using formulaic phrases. Any spontaneous compliment will be perceived sincerely. For example, "You brighten up a cloudy day!" is not specific, but it is still a gift. A compliment, framed as an elegant joke, can also be a gift: "Are you really that beautiful, or is it just me?" And an almost indifferent remark can have more impact than a compliment wrapped in enthusiasm but lacking substance. "You see, you've got good taste." A gift like this evokes a subtle joy.

A special effect can be achieved by sending a gift via the hands of an intermediary, rather than directly to the person for whom it is intended. If you praise a person to others, while in their presence, moreover in a neutral tone, without ramping it up with emotion, you can be certain, they will be delighted. It is even better if you acknowledge the value of that person in conversation with others when the individual in question is absent — others will pass on your good opinion of them. They will not thank you for it but you will have given them a source of joy and a sense of fulfilment.

Another difference between a gift and a compliment is that people are always quick to thank you for a compliment, whereas for a gift, you will receive their silent gratitude in return. "Thank you" is equivalent to "you are very kind," and that is it. Everyone knows that this kind of thanks is worth as little as the compliment itself. If your gift hits the nail on the head, the recipient will never admit it, albeit with rare exceptions. *Having delivered the gift, you will not hear words of gratitude. You will receive something far greater — that person's true goodwill towards you.*

You have no idea how much people need this kind of gift! You are surrounded by other beings, who are preoccupied with their own negative slides and complexes, and are outwardly trying to appear all right. Many believe mistakenly that they have nothing to be proud of suffering from a belief in their own inferiority. When a person receives a gift, they perk up and feel a sense of inner pride. They will carefully store your gift in a secluded

corner of their memory bank because you made them feel that they mean something.

Compliments are quickly forgotten but people will remember gifts for many years, maybe all their life. Try it for yourself. You might remember a case, when a person said something nice about you and acknowledged you, emphasizing your special qualities. If at the time, you thought their praise was deserved, you will still remember it now. And most importantly, there will still be a place in your heart for the person who gave you that gift. You can see what a powerful impact gifts have on people.

Find a gift for someone. It is easy enough to do, although perhaps marginally more difficult than giving a cliche compliment. You just need to make the effort to show genuine interest in a person, if just for a short while.

People are used to living in an aggressive environment, where they are forced constantly to protect and confirm their worth, and in which everyone is busy with their own persona, trying to emphasize their own importance, and not failing to belittle the importance of an opponent should the situation require it. In these conditions, any expression of genuine interest and goodwill is worth its weight in gold. If you give up the struggle of asserting your own importance and switch to illuminating the importance of others, you will become a "ray of light in a dark realm." You will be valued as a real treasure.

By letting go the need to assert your own importance, you will find it confirmed for you in excess. And all you have to do is the smallest thing: switch your inner intention to confirming the significance of others. Flattery and an ingratiating manner will be instantly

exposed. What is needed is sincere attention, interest, support, and unconditional gifts. The recipient will be very grateful to you. But it does not stop there.

A gift can totally change the course of a person's life. Many famous personalities: artists, musicians, writers, have pursued their own path at the suggestion of a kindly wizard, who gave them such a gift. A gift can be given unintentionally, in passing. There are known cases, when someone just happened to mention to a boy, that he had some ability and could become a musician, without attaching any particular importance to the comment. And then that boy grew up to become a great musician.

Gifts like these have a fateful power — they carry in them a goal or door. The giver of the gift is in no way obligated or burdened, whereas the recipient begins to shine with joy. This happens when the sensitive strings of the soul are touched. She feels instantly revived and more cheerful because she understands that this is exactly what she needs.

Imagine the gifts you could give! If you put compliments away and learn to give gifts instead, maybe you will be lucky and be able to point someone towards their true path in life.

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TRIUMPH OF THE ABSURD

- *How can you protect yourself from absorbing negativity? I've tried switching TV channels, but then I realized: trying to avoid something creates excess potential and then the negativity seems to grow. Is it a matter of just acknowledging its presence, as if it were information from another planet? And how can one not care about the events happening in Beslan? Isn't it right that we experience some kind of reaction to this situation? We aren't made of stone after all.*

You stop yourself from absorbing negative information by maintaining a sense of detachment. Do not take things to heart. It is not about trying to defend yourself, to block information or actively oppose it. Instead, just let it wash over you, only try not to confuse detachment with indifference, as these are two very different attitudes.

From the words of the greats: life is a game. If you plunge headlong into the game, you become prey to the power of

circumstance. You become a puppet. You can be controlled and you live life as if you were sleepwalking through a dream — life just happens to you. But if you participate in the game with a manner of detachment, like a spectator on the bench, you acquire the ability to perceive the real state of affairs and take charge of your fate.

In order to transform your life into a lucid dream that you can control, you have to *step out of the game, at the same time as remaining a participant*. Play your role but look at everything that is happening around you from a distance, so that you avoid facilitating someone else's will. In other words, you need to maintain the awareness of being, otherwise, you are not the mistress of your fate, and your life will unfold according to a scenario that benefits someone else, but not you.

It is easy to become a participating spectator: you just need to stay aware of why the game is being played and whose interests it is intended to serve. We live in a world that represents a hierarchy of pendulums — information-imprinted energy entities that act as superstructures for physical structures. As a rule, the game is always being played in the interests of one pendulum or another.

Despite the seeming complexity of the processes taking place in our world, they all boil down to two fundamental types: confrontation — a battle of pendulums, and striving — each pendulum attempts to strengthen its own structure. Whatever else the pendulum does, its priority is to strengthen its own structure, and destroy competing structures. That is all that is ever happening: stabilization and destruction.

When you look at events through this kind of prism, everything becomes much clearer. With understanding, a poetic illusory approach is replaced by an awareness of the prosaic nature of everyday reality. How often, when coming up against cruelty, injustice and the downright absurd, do people ask themselves: why? The universal human values are clear to all: peace, healthy ecology, charity, equality, justice. So when will the voice of reason prevail?

The answer is never, because in the world of pendulums everything is done for the good of the structure, not for its individual components, i.e. humankind, although, naturally, it will insist that the opposite is true. But since most of humanity exists in waking reality as in an unconscious dream state, any delusion can become instilled in our minds, starting with the belief that a party without a few bottles of 'Klinsky' is inconceivable, right up to the idea that an environmentally friendly hydrogen internal combustion engine would be ineffective.

It is naive to think that someone in the higher echelons of government actually cares about the happiness and well-being of their fellow citizens. And this is not because those at the wheel are all cynics. Far from it. Most politicians are genuinely convinced that they are serving the fatherland in an honest capacity. It is just that, once they are given a position of power, they cease to have power over their own actions. The structure forces all its components to act in its interests involuntarily, and that goes for its leaders as much for the rank-and-file. It all happens of its own accord; the structure is self-organizing.

In order to make individual components work for the structure, they have to be contained within a single information space: mass media, Internet, communications. Once they have entered this space, individuals will drive themselves into the cells whilst remaining oblivious to this fact and truly believing that their motives and actions are autonomous. This might be partly true, but only to a very minor degree. *The fact is that the information-imprinted energy structure manipulates the individual into wanting the things that are of benefit to it*. If you do not want to be transformed into a puppet, you need to be able to distinguish information, i.e. impartial facts, from the intentional interpretation of that data, which is being fed to you for a specific purpose.

Looking at the tragedy of the Beslan school siege from the point of view of the two processes mentioned above, people on both sides were used as 'cannon fodder' in the conflict between two opposing structures. A battle is always essential to competing pendulums because the battle provides a source of energy and helps realize the pendulums' intention to destroy the other. First we see the process of destruction: one structure lets another in, allows it to ignite a conflict, and then sets about destroying it. Along the way, it runs a powerful information campaign, that forces a large number of people to think along the same lines, and a reorganization of power is carried out under the auspices of strengthening security. Then follows the process of stabilization: The troops are rallied to fight against terror — more stabilization follows with the goal of preparing for the next battle.

Note, that none of this is a war of ideas and principles. It is a confrontation between two existing structures. Any ideology put forward, religious or political, is just packaging. Neither pendulum is remotely interested in moral or ethical standards. It is not the people who are fighting, but the structures that have enslaved them. Human beings are simply weapons of war. What fanatical terrorists do not understand is that their consciousness no longer belongs to them. They represent samples of the kind of material individuals can provide, once they have become a component of the matrix. Both the victims and the onlookers are unaware of the fact that they are being manipulated.

There is no point harboring illusions about the supposedly inevitable victory of common sense and humanitarianism. If you find yourself witnessing gross injustice or complete absurdity, do not get indignant about it, and do not stop to ask why or how this can be happening. Instead simply ask yourself which process is taking place: destruction or stabilization.

As I mentioned previously, there are two sides to reality: the physical and the metaphysical. At the physical level, we are witnessing a war of structures, on the metaphysical level, a battle of pendulums. The bottom line is that the battle will go on until the pendulum hierarchy finally assumes the form of a single pyramid as the peak fall into place. When this happens, the world will become a matrix. Precisely what it will look like is anyone's guess.

It is naive and futile to bet on the voice of reason, the triumph of justice, and to place one's hopes in the good intentions of others. Recently, the situation has changed dramatically: in the modern

world, war is no longer what war was previously understood to be, namely defense of the homeland. The fight against terrorism is a battle of pendulums in its purest form. To take part in such a war is tantamount to subordinating your entire life to the interests of the structure.

Participation and resistance both play into the hands of the warring party. Pendulums are strengthened by our reactions, whatever their charge, positive or negative. It doesn't matter. *The only remedy for destructive pendulums is to uncover their true motives*. They hide behind religious, democratic, patriotic, humanitarian and other slogans, but once deprived of its honoured decorations, the pendulum will lose hold of the threads that rein in the consciousness of its adherents.

When you are invited to build something in collaboration with someone, or to fight for something, to support a 'common cause', you can be sure that here, too, the interests of a structure are being pursued. It is vital to the pendulum that the thoughts and actions of its adherents be channelled in the same direction. To achieve this, the 'common cause" must be presented as delivering a personal benefit along the lines of, 'Let's all do this together, and then everyone will be alright'. But personal interests are always put on the back burner, and regardless of the ideology, things always turn out as in the words of a certain song: "Today what's important is not the personal, but the totals of the working day."

Ideas of universal harmony, peace and prosperity are purely utopian. This has been repeatedly confirmed by the most objective judge of all — history. *You cannot build personal*

happiness via the construction of universal happiness. Universal happiness is a pure abstraction; happiness can only ever be individual. The question of happiness has to be approached from a completely different angle. *When everyone focuses exclusively on their own personal well-being, then well-being will become universal.* If not, all activity will be reduced to one thing — the creation of a structure.

The one figure who has come closest of all to solving the problem of collective wellbeing is Anastasia, known from the books of Vladimir Megre. But even her ideas are utopian, because she fails to take account of the extent to which the influence of pendulums has grown. Distribute a hectare of land to all so that everyone can create their own family estate? Who do you think is going to give it to them?! It is a beautiful, humane and fair idea. It is through schemes like this that the powers that be could put into practice their concern for the welfare of the people.

But of course, no-one will make such a generous gift of land, and not because land is expensive. After all, the powers that be allowed a handful of oligarchs to take possession of public property based on the principle of, "it used to be commons, so it may as well now be his." The point is that it is much more convenient for the structure to control a small group of chess pieces than the masses. But most importantly, if everyone stops working for the structure and starts working towards their own well-being, what will become of the structure?

For any system, the freedom of its constituent parts is not only disadvantageous but downright disastrous. But here is what is

really fascinating: a system's laws are issued and implemented not by the handful of individuals in power but by the system itself. The wheels turn automatically. The pendulum's favorites lack autonomy of action, and the unranked adherents lack autonomy of desire. The structure is self-organizing to such a degree that all its component parts perform their assigned functions and, at the same time, each is convinced that they are acting according to their own will. It only seems to the structure's components that they are free. Moreover, if an individual component is not ready to accept freedom, they will not know what to do with it if they suddenly have it.

What will a person do with a hectare of land if their consciousness is already half grown into the matrix? There is no point in trying to wake someone who is sleeping if they do not want to be woken. The few 'awakened' ones shake their fellows urging them "open your eyes! Look! You are living in a matrix cell!" And the sleepy one brushes them off saying, "leave me alone, things aren't that bad."

Here is an example from real life: When I started talking about natural nutrition, some people on the Internet mailing list got really wound up about it. There were even some who actively opposed it, whose response to the information was hostile, saying things like: it's right off topic. Go back to how things were before, and essentially what they are saying is, "We want to sleep. You can tell us about our dreams, just don't wake us up!" I wanted to shout at them, "Aha, got you!" After all, I warned them that I was not inviting anyone along on the journey with me: either to the table, or to the dream. Transurfing is not a fairy

tale for sweet dreaming. It is a cold shower for waking up. So sleep well if that is your want, and stay away from books that keep you awake at night.

The ‘sleepers’, who get irritable when they are disturbed, do not realize that the structure ‘herds’ its pets on the ‘farm’ and forces them to speak out against everything that is alien. *It seems to the system’s components that they are experiencing their own autonomous desires* because they have a narcotic dependence on the structure’s products. In reality, the structure is exploiting the ‘sleep walkers’ to achieve its own goals, drawing them in to the processes of destruction and stabilization.

Those who have been ‘disturbed’ but are ‘not fully awake’ will barely be aware that they are not even independent of Transurfing. Once a person has fully shaken off the glamor web, they become capable of making their own decisions about what they ought to be doing and how. Those who are ‘awake’ no longer feel the need to seek the truth in external sources. They look for it inside themselves. Even Transurfing ceases to be law.

This is not about giving up the products of the system and retiring somewhere on a distant mountain top. On the contrary, a dream can only be realized within the framework of a structure. The only question is who is going to ride in whose sled: you in the pendulum’s, or the pendulum in yours. It is about retaining an awareness of being, being conscious of whether you are working for yourself within the structure, or simply working for the structure. The system itself, as well as its products, can and should be used for your own purposes, as long as you are aware. Now that is something worth waking up for.

It was the first of September, and everywhere there were smartly-dressed, happily-occupied children carrying bouquets of flowers. Almost all were accompanied by their parents; many of the children had luxurious bouquets and were wearing expensive uniforms. I walked along the street observing the festive, carnival-style procession. This multi-colored reality merged into a single picture: “Everything is fine, everything is unfolding as it should, everything is as it should be,” and as a result, I “fell asleep.”

Then, something unusual happened that ‘woke me up’. A girl of about eight years of age was walking slightly apart from the festive crowd. I would not say she was scruffily dressed so much as very poorly and unpretentiously. It was her appearance that instantly caught my eye. Her shoes looked as if they had been picked up at a junkyard, and in her hands she gripped a few sorry-looking flowers that had obviously been picked from a flower bed. In her gaze, there was a chilly detachment, a manner not of her years. It was obvious that she was not enjoying the celebrations but had long resigned herself to her lot and no longer expected the world to give her any gifts.

Likely, the girl’s parents were heavily indebted to the system, which willingly extends loans to its components in the form of alcoholic euphoria to help them sleep even more soundly. The system was not interested in the tragedy of this little girl, or the many other thousands like her, just as the relevant structure did not care about the tragedy in Beslan. When a structure does express concern, sure as anything, it has its own special views on the matter in hand.

The point I am trying to make is that no matter how “free” the original source, any information that the structure distributes, be it positive or negative, is always intended to serve a specific purpose. Totally free and independent sources of information cannot exist because they all represent a link in the same chain — the pendulum hierarchy. And again, the pendulum’s goals are always to stabilize its own or a higher-level structure, and to destroy a competing structure.

It is essential that you remember to tune into your own awareness so that you can distinguish between straight forward communication and indoctrination. If the information you are receiving is distributed by a pendulum, you can be sure that its corresponding physical structure is pursuing its own goals. The pendulum convincingly preaches, eloquently rants and confidingly whispers: “defeat the strangers! Everything’s their fault!”, “Support your own — they will make you happy!” And most importantly: “Keep up in life; be as successful as the people in the adverts!”, “*Do as I do!*”

Even if the information has no ideological aspect, it fulfils what for the pendulum is an essential task — it lures the attention of a large group of people into a snare. When the thoughts of a collective group are synchronized and focused on one topic, their consciousness is easier to manipulate. The main thing is to control the group’s attention — the rest comes down to methods of indoctrination. So, in order to resist the pendulum’s zombifying effect, you have to maintain the awareness of being and be able to distinguish facts from their interpretation.

Otherwise, you might one day ‘wake up’ and find yourself in a matrix cell, or indeed, never ‘wake up’ at all.

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BATTLE OF THE PENDULUMS

- *It is difficult in the modern world for anyone to feel safe. We face cruelty, aggression and terrorism, that is creeping closer and closer to the lives of ordinary people. We all know that many people find themselves in dire situations. Why does this happen to them? And how can you use the principles of Transurfing to protect yourself? Is it just a matter of believing that everything will be okay?*

Firstly, turn a deaf ear to frightening information. Switch your attention to something else. Secondly, let go of feelings of guilt. I do not mean your conscience, but guilt, the 'shoulds' and the 'musts'. After fear and worst expectations, guilt is the number one cause of all our troubles. I have spoken a lot about this in the past, but will touch on it again now.

Feelings of guilt breed punishment in a wide variety of forms, from minor troubles to major problems. Outer intention is bound to write some kind of punishment into the script. This is

how the template of our worldview works: misconduct must be followed by reprisal. On this, the heart and mind are in complete agreement. In addition, feelings of guilt greatly enhance the process of polarization, as a result of which, balancing forces bring down all kinds of adversity upon the one who has “confessed their fault”.

So how do you get rid of feelings of guilt? It is unhealthy to stifle feelings of guilt, and they are often too engrained in us to let go of them easily. The heart and mind have lived with the feeling for too long: always being obliged to someone. You can only shift the heart and mind out of this state by taking a specific course of action.

Namely, stop apologizing. This is one of those special cases in which treating the symptom does in fact remove the cause. It is not necessary to spend time instilling in yourself the notion that you do not owe anyone anything. You just need to keep track of your everyday activities, and this requires a degree of mindfulness. If you used to be in the habit of apologizing for the slightest thing, now build a different habit: explain your actions only when it is essential.

Forget the approach of telling yourself over and over that you are do not owe anyone anything. You do not have to do anything with the feelings of guilt. Just let them sit there inside. The important thing is not to project on the outside that you are feeling guilty. The heart and mind will gradually get used to this new sensation: you are not apologising for anything or justifying your behaviour, which means that everything must be as it should be, and consequently, there is no reason for guilt to exist.

As a result, grounds for "redemption" will diminish. The external form will gradually pass along the feedback chain and put the internal content in order — feelings of guilt will disappear, and with it, any associated issues.

- *Can you explain what you mean by 'two structures opposing one other'? For example, there's a romance pendulum, a Christianity pendulum, a democracy pendulum... right? Are these all different levels in the hierarchy of the same global pendulum, or are the romance pendulum and the Christianity pendulum for instance different, opposing structures?*

I do not know how the pendulums are arranged in detail. A general model is sufficient to convey the overall idea. A pendulum is an information-imprinted energy entity, a superstructure that exists above any physical structure. Romance, for example, is not a structure. The same goes for democracy and religion. The church, however, is a structure. Terrorist organizations are structures. States that confront terrorists are also structures. That said, the terrorists do not exist on their own; they express the interests of the structures that tower above them. Which structures these are specifically is not for me to judge — I am not a politician.

- *I don't understand why you think that we will one day be living in a matrix? Surely we already are and the matrix already exists. The process is almost complete. As for the pyramid, the most important pendulum was formed a long time ago — it's obviously the money pendulum.*

I disagree. Money is an attribute. Money is exchanged on the physical plane, and energy is exchanged on the metaphysical plane. Energy facilitates the process of interaction between pendulums and human beings, as well as with all other living beings.

- *Well, first of all, I find the pessimistic tone of the author of Transurfing a bit weird. Secondly, the world will look the same as it does now because the hierarchy of pendulums has already closed in a single peak — the pendulum of planet Earth. The matrix has been in existence for a long time.*

The pessimistic tone only bears relation to society as a whole. Transurfing can only help those who on some level already *know*, and therefore are ready to *accept* this Knowledge. The rest, the masses, cannot be awakened. On the whole, I do not think it is worth spending time speculating about how the pendulum hierarchy works. The results can be nothing more than wild conjecture. We will never see or be allowed to see the real picture.

- *As far as the tragedy of September 11th in the United States goes, personally, I cannot help but think that the Americans, who make disaster movies and distribute them worldwide, created the same kind of disaster in real life, or at least the script for it. What are your thoughts on this?*

This is about the realization of collective consciousness. The world is a mirror that reflects the thoughts and intentions of humankind. The mass media, that spreads news of war, disasters, crimes and misfortune, is the instrument that

destructive pendulums use to siphon off energy from the conflicts being reported. As a rule, the news focuses exclusively on 'the bad things that have happened' because more emotions can be reaped by showing negative news. This kind of news is not so much of interest as it is disturbing, and this is precisely how the pendulums want it.

We are shown movies in which the world is portrayed as a dangerous, aggressive environment. Watching this kind of film, we develop the conviction that reality must be this way, too, and consequently, we form our own mental image to the tone of the movie. This image is then reflected in the world mirror and becomes embodied in reality. So it is that the next lot of 'bad news' comes in. It's a vicious circle.

Interestingly, it does not even occur to those in show business to make a program about 'the good things that have happened', if only for the sake of novelty value. After all, a programme like that would certainly stand out from the continuous, tiring stream of negativity. But no. Almost all the information that is distributed serves the interests of destructive pendulums. Such is the extent to which their zombifying influence has grown.

- *We live in Israel, and our question is this: how can we explain events being shown in the news (terrorist attacks, road accidents, etc.) to our four and five year old kids in such a way that we keep them from being sucked into the pendulum's vortex funnel?*

You cannot 'explain events' to children. At that age, they grasp what they need to know and how to understand it better than you can. Sensing their own helplessness in an aggressive world,

adults instil in children the idea that they are just little people, who do not understand anything and can't do anything to create change. In other words, they hang their own subconscious projections on their children.

Instead, we should be instilling our children with the opposite idea. We should not be 'explaining' negative events to our children because when we do, we focus the child's attention on those traumatic events. Instead, we should be protecting the child's consciousness. As far as we are able, we should aim to keep the child's thinking space as pure as possible, because, as you know, each individual world layer, in which a person must continue exist, is created according to the nature of their thoughts.

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VARIATIONS SPACE

- *Recently, someone recommended that I read "Reality Transurfing". There is something about this book that feels mysteriously true and right. The content provides an explanation for much of what happens in life. Thank you, simply for taking the risk and for giving other people another chance to be fully human.*

Thank you for the positive feedback. However, I did not risk anything (Heaven forbid!) in writing *Reality Transurfing*. Nor would I say that I gave people another chance to be fully human. I would never take so much upon myself. The Knowledge contained in *Reality Transurfing* is not really mine. It exists objectively, not in the Transurfing books but in the variations space, regardless of whether you like the idea or not. Likewise, it makes no sense to compare Transurfing with other similar teachings, the Simoron rites, for example.

As well as grateful responses like this one, sometimes (although rarely) I receive letters of the opposite kind, which radiate an air of hostility. When I hear that "in Transurfing, such and such is taken from such and such a practice," I feel the same blend of bewilderment, confusion and powerlessness that you would when talking to a complete baboon. In despair, I want to shout: "But how can you possibly not understand?!"

In Simoron, what has been 'fleeced' and from where? Or, in the teaching that preceded Simoron, what has been 'pinched' and from whom? Why are the teachings not compared with Blavatsky, Roerich, Gurdjieff, or Uspensky? No doubt because my accusers have not read these works. I admit, I haven't read them either, but what I do know is that *all these individuals are writing in their own way about the same thing*. Each teaching has its own era, and vice versa. No matter how many schools and worldviews exist, they all reflect the essence of the same reality. Points of view may differ, but reality is the same! Have can you have failed to grasp this simple fact?

Find me a teaching that does not overlap in some way with any other teaching, and if you find one, believe me, it will be describing a different reality to ours. The human mind is not capable of creating anything that is not in some way related to this, our own world. Even science fiction becomes reality eventually, it is just that science fiction writers are describing a reality that has not been realized in the physical world (at least not yet). Like dreams, non of these ideas and images are products of the mind. They exist objectively, in static form, in a single, unified information field. Everyone have access to the

same database, ‘teachers’ and ordinary folk equally. I can only sympathize with anyone searching for something fundamentally new.

If you were to compare one teaching to another looking for the original source, you would find yourself following a trail that went on and on, as far back as the Upanishads. (Have you heard of them?) But what would be the point in this? All *Knowledge originates in a single source*. This is why an identical discovery can be made by different individuals independently of each other, and the same phenomenon explains why many new trends arise simultaneously in different parts of the world.

Everyone can access the information contained in the variations space. It is very simple: you just go, as you would into a library, and take whatever books you like from the shelves — on one condition: you have to believe in your own abilities, practice your right to access Knowledge, and intend to receive it. Ask yourself questions and dare to answer them. Discoveries are made, great music composed, books written, and masterpieces created by those who dare. Knowledge is revealed to those who declare their intention to RECEIVE IT AUTONOMOUSLY.

You could say that some of mankind’s most phenomenal discoveries were made by the most daring individuals ever known to the history of science: Albert Einstein and Nikola Tesla. According to the scientists themselves, their discoveries were not born of their intellect, but came from outside, as knowledge out of nowhere. Moreover, one can hardly fail to notice that not a single new theory has ever appeared suddenly, like the flash of a lonely star in an otherwise pitch-black sky.

New theories have always been accompanied by parallel studies carried out by different people, who very often came to the same conclusions almost simultaneously. We all walk beneath the same sky.

If you were to claim, that contrary to widespread opinion, Nikola Tesla invented the radio, you would not be too far wide of the mark. It could also be argued that the father of the theory of relativity was in fact Hendrik Lorentz, not Albert Einstein, and there again there would be a considerable grain of truth. After all, the "Lorentz transformations," which show that when an object approaches the speed of light, its mass increases, its linear dimensions decrease, and there is a slowing of time, were derived earlier. Einstein simply took the liberty of dotting the i's and crossing the 't's. From those who could have done the same, but did not dare, Einstein was distinguished by one quality alone — the *audacity to claim the right*.

Everyone is capable of making autonomous discoveries. But most people either do not know this, or they do not have the necessary BOLDNESS and, therefore, look to others for information. There is nothing wrong with this tendency. Everyone must follow their own path. Indeed, having the courage to cross the line, beyond which you are transformed from a tape recorder into a receiver, is not so much difficult, as highly unusual, roughly like parachute jumping for the first time. It is not for everyone. But there will always be someone who, not daring to carry out their own attempt, thinks: "If I won't ever do it, don't you go dipping your toe in the water either. Think you're better than me, do you?" But the energy of

unrealized intention remains, and it has to go somewhere… So then it finds a different focus, for example, finds expression in accusing others of all manner of perpetration: plagiarism (God forbid!), lack of credibility, and so on. This is dead easy to do, and I suppose, it is one way of proving your worth and declaring to the rest of the world that you exist, although it is far from the best way.

It is even more interesting when a reader, burdened by the weight of their own knowledge and convinced that "they know practically all there is to know and then some," declares that they found nothing new in my work. Having skimmed the text and discovered a number of familiar concepts like 'intention' and 'importance,' they exclaim triumphantly: "It's basically Castaneda!" And, not bothering to get to grips with the content in any depth, they slam shut the piddling little book — "Yup! Covered that already, moving swiftly on…" They do not care that the teachings of Don Juan and Transurfing represent two directly opposite facets of reality. In this context, I always feel a gnawing ignorance: even with my own books, I find that on a subsequent rereading, I'll discover something new.

And again, despite the fact that in cases like this, I am dealing with an erudite intellectual and not a complete baboon, I have that same feeling of confusion and powerlessness at finding myself unable to say anything at all in my own defense. Anyway, it would be pointless to do so. An opponent like this wears lenses over their ears and eyes that filter out anything that is inconsistent with the role they have chosen for themselves,

which is essentially: “Whilst I can criticize someone else, catch them out, I must be worth something!”

It is a thankless task — blaming others — even if it is fair. For a short time, the accuser will feel proud of themself, experience a sense of inner triumph, but it will be short-lived and certainly not worth the unpleasant moments that are sure to follow, because balanced forces will make sure that the accuser later finds themself in the shoes of the accused. I have seen it happen on more than one occasion: you forget yourself and start proving to someone else that they are wrong, and then the tables turn in an instant. Have you noticed this?

The plot of Stephen King’s *The Langoliers* is based on the idea that the past and the future are stored somewhere, statically, as if on a film strip, and that the effect of time is conjured by an individual frame moving past a point in which the a light is projected onto the present. King’s novella is so interesting, it is worth giving a brief synopsis here.

One day, a small group of people, wake up on a flight, only to discover to their horror that all the other passengers have disappeared including the crew. Fortunately, there is a pilot among them who is able to land the plane. But this does not make matters any easier for the passengers, since it turns out that, instead of city lights, a black desert stretches out below them, and on the radio channel, there is nothing but deathly silence. What has happened to life on earth?

The passengers successfully land the plane at an airport, but what they find there is their worst nightmare. The airplanes, the terminal building, all material objects, even a restaurant with

prepared food –everything has been abandoned. A gray silence reigns. There is no electricity, the telephones are not working, the food has no taste or smell, and nothing moves. This is the world of the past, left behind the frame of the present.

Soon, the group of passengers hear an eerie rustle approaching from the direction of the horizon, which does not bode well. The material world begins to crumble into emptiness before their very eyes. It appears that matter, unlike information, is not stored forever. One of the group suggests that they have entered the past through a time rift and will only be able to return home the way they came. Hastily returning to the plane, the passengers retrace their flight, barely staying ahead of the void that devours the old reality. The group are lucky enough to pass back through the time rift, but when they land, the same abandoned airport awaits them.

However, the new scene does not resemble the old decrepit reality, that reeked a sepulchral chill. The colors, sounds and smells have normal levels of saturation, but the disturbing rumble, coming from all sides, grows louder and portends the inevitable: either salvation, or a terrible death. Before their eyes, as if out of thin air, human figures appear, and everything begins to move, characteristic of ordinary, everyday life. It turns out that the time travelers had passed ahead of the lit frame and ended up in the future, after which the present caught up with them.

Why am I telling you this? So that I can ask a couple of silly questions with an intelligent look. Is it to Stephen King's merit that he "invented" the variations space? No, the concept of time

as a frame on a film roll existed long before he wrote this book. King himself recounts how on more than one occasion he had to deal with accusations of plagiarism because similar ideas has appeared in the works of other writers.

Is the fact that the concept of the variations space passed from the realm of fantasy into non-fiction the achievement of Transurfing? Apparently not. In relationship to the variations space, the concept of science fiction, simply is not applicable. For, in the nineteen forties, using powerful electromagnetic fields, Nikola Tesla demonstrated such huge manipulations of time and space that an entire US naval ship fell through a temporal rift in the spacetime continuum. The surviving participants of the experiment materialized in some incomprehensible manner in another place and time, having experienced significant psychological trauma.

So, if we are to set ourselves the goal of tracing the entire chain of "enlightened ones" back to the individual who first declared the existence of the variations space, then I am afraid we will have to travel into the depths of millennia past, for there is nothing new under the sun. People's lives remain the same, filled with the same mistakes and false stereotypes. For some reason, despite the number of spiritual teachings that present the same truth from many different points of view, humanity still has no inclination to achieve enlightenment. The situation appears mostly to worry the 'experts,' who rant about the fact that they have been presented with nothing new. From their indignation, you might think that we should be anticipating the coming of a Messiah, who will preach such a blindingly 'new'

theory, that they will all gasp, astonished, bring their hands together in tenderness, and shine with the radiance of enlightenment: “So that’s how it is! Now we understand!”
Only they will not shine, because the “experts” have a completely different attitude — they do not see their role as seeking knowledge so much as being the ones to identify the “holes” in it. So let them. Is it worth spending your energy on them in futile debate? As for Transurfing, it itself the opposite task, to convey *ancient* (not new!) Knowledge to those who need it. I share my reasoning on this subject with you again, dear readers, only to explain the goal of my intellectual visit. I am, as always, being totally honest with you. I pass on the essence of Transurfing in the same form that it was conveyed to me. Everything I have recounted is real, including the Watcher. Although where exactly he is to be found, I cannot say because after that first meeting, he never showed himself to me again, a fact that suggests that everything is unfolding as it should. If this were not the case, I would simply have been ‘unplugged’ from the information source. I have shared with you everything I know. Whether there is anything for you in what I have shared, the reader must decide for themself.

- *I love reading fantasy novels and science fiction. When I read, I feel as if I enter the same reality as the characters in the book. And for a few days afterwards, I go on “living” in that world. Everyday reality recedes into the background. Nothing worries or touches me. I know that this condition will pass a few days later, but I never want it to. It feels almost as if I have been very firmly hooked by a pendulum. Is that what is happening? If so, does that*

mean that when watch a film or read a book, we should suppress any feelings we experience? The thing is though, that I enjoy it. What should I do, and is my dream to explore other worlds realistic?

What you are describing has nothing at all to do with pendulums. While you are affected by what you have seen or read, your soul is attuned to the sector of the variations space that corresponds to similar content. Roughly speaking, your heart receives the information, and your mind interprets and considers it. In other words, the mind runs the information through its logical apparatus, just like a computer program does when it is processing input data.

The world of fantasy is not a figment of the imagination. It exists, just on a metaphysical level that has not been realized in physical reality. It is highly unlikely that you will be able to enter the world of fantasy because for all that exists there to become embodied in our material world would require huge amounts of energy. This does not mean that the scenarios and sets of such a world cannot be manifest in principle. Supernatural events and fictional characters are unreal only *relative* to our everyday reality, just as the Sun is unbelievably sizzling relative to the Earth's temperature. In other words, the world of fantasy, like the world of dreams, is located in sectors of the variations space that are very remote in relation to the sectors we are currently experiencing. They are too remote for us to be able to 'fly' to them.

While your thoughts are focused on a fantasy world, you are daydreaming. There is nothing wrong or bad about this if you

enjoy it. Movies and books are great swings for the heart and mind to play on. Just be mindful, that while you are hovering up there in the clouds, you run the risk of falling out of the context of everyday reality, which is not always inclined always to make things pleasant for you. If you do not stay in control of reality, your reality will take control of you.

From a practical point of view, it is simply unprofitable to be living constantly in an unrealized world. It is a bit like sleep walking your life away. The heart of creative types, for example, is constantly hovering in the metaphysical space hunting for new ideas, but it is one thing to be actively creating, transforming ideas into reality, and quite another to be passively floating on a daydream ocean. Transurfing is an extremely proactive way of being. You do not just swim, you consciously pick up the oars and row towards your goal. Then the world reflects your choice of intention: either you chase madly after your dream, or it comes to meet you of its own accord. You do not have to search for it in the land of Oz. Reality can be so much brighter and more amazing than a fantasy city, if only because you can create it yourself, once you put your mind to it. It might be a little more difficult than playing computer games, but there is no question, it is much more fun — you just need to know the rules and follow them.

- *Recently, I have been wondering about the following: who put it there, all the information that the variations space contains? Where did it all come from? And why? And what existed before the variations space came into being?*

To be honest, *I don't know*. I can only surmise, but I lean towards the idea that no one "created" the variations space and that it has always existed. The human mind works in such a way, that it seems to us that everything in this world must have been created by someone or something, and that everything has a beginning and an end, although, evidently, *not everything does*. I fear that even if human consciousness were to be raised to surpass that of an oyster's, it would still be incapable of comprehending such things. There are mysteries in the world so incomprehensible, that understanding lies beyond the realms of the human mind. After all, the mind is nothing more than a logical automaton, albeit with the capacity for abstract thought..

My own level of abstract thinking only goes so far as to enable me to build a primitive mathematical model. If we were to project an individual's level of awareness relative to infinity, where its level would be expressed as a tiny dot, then the question asked above would be analogous to the following: "Why is it that I, a mere dot, am allowed to occupy any position on the coordinates plane? Who created the coordinates grid? Whom does it serve? And what existed before the grid came into being?" And if we were to tell this dot, that in addition to the coordinates plane, there also existed a three-dimensional and an *n*-dimensional space, its head would start spinning and it would 'go mad'.

Might your own wise, old soul already know the answer to this question?

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THE DARING OF THE GODS

- *What do you think the world would be like if there were no pendulums and everyone was awake making conscious choices and living an intentional life?*

There can be no world without pendulums, and by this I mean that pendulums cannot be destroyed or avoided. The point is to protect yourself from becoming their puppet and to use pendulums for your own purpose. But if what you are really asking is whether the earth is abundant enough for all members of society to exercise freedom of choice, you need not be concerned. Society will never be totally awakened. Many dabble but few put what knowledge they have to good use.

- *Is there a way of being able to tell to what extent I am thinking mindfully i.e. 'not sleepwalking' through life? Is there a mental technique for this?*

Even in waking, a person's awareness, their internal controller, lies dormant for the majority of the time. Much of the day is spent doing things automatically. Our thoughts wander, and then our awareness is handcuffed by a pendulum snare. For many, waking reality is the most natural dream of all only in this dream they have fallen victim to circumstance and are unaware of their actions.

In order to take control of the situation, you have to wake up, switch on your inner watcher, and observe yourself and those around you from a different perspective. *I know I am not sleepwalking through my day if I can say that I am mindful of what I am doing, as well as how and why I am doing it — if I can say that I am playing my role and at the same time observing everything else that is happening around me, like a participating spectator.* The important thing is this: your mind's tendency to control what is happening should be focused on coordinating intention, i.e. making sure that you are going with the flow and checking in with your heart every time you make a decision — and not on forcing your own script version of how events should be unfolding. You will only see results from Transurfing if you can observe these conditions.

- *What if the variations space does not exist objectively and instead we create it ourselves? Because when Sai Baba was asked whether it's true that he is God, he replied, "You are God, too. The only difference between us is that I know this and you don't."*

What we call the variations space, and what Sai Baba is referring to are different interpretations of the same essence. You quote Sai Baba without really understanding what he is

saying. What he is trying to tell you is to stop looking for truth outside of yourself; go inside, and there you will find the answers to all your questions. The call to 'go inside' is not some vague abstraction. It is as simple as asking yourself a question and being bold enough to answer it. Like all similar teachings, all that Transurfing requires is for you to open your eyes. Beyond that, everyone must go their own way, wherever and however they choose. I have talked about this a lot. The essential thing is to maintain an *awareness of being* so that your eyes are open. And you must have the daring to claim your birthright, the *Master's Right*, to make your own reality because it is already yours! Others smay lack the boldness to claim this right, but you can. It's that simple.

As for the variations space and questions about whether it exists objectively or solely as a figment of the imagination… yes, it does exist objectively. First, there are many solid facts testifying to its existence of which I will cite just one: the phenomenon of the students of the School of Vyacheslav Bronnikov[1], which is recognized by the world of science. Second, judge for yourself: the either-or conundrum of materialism and idealism has always been a sticking point in scientific debate. Is the world really made up of material substance or is it an illusion of the mind? There are equal grounds to support both viewpoints.

Ultimately, the answer lies in learning to look at things from a different perspective. There is no point in seeking absolute truth in individual manifestations of a multifaceted reality. It is important to come to terms with the fact that reality has two

forms: a physical form, which you can touch, and a metaphysical form, which lies beyond the limits of perception but is no less objectively real. Mainstream science prefers to deal with the former, while esotericism is concerned with the latter. This is the kernel of the whole dispute. Yet essentially there is nothing to argue about. It all comes down to acknowledging the dual nature of our world.

The world is a dual mirror; on one side extends the material universe, and on the other side, the black infinity of the variations space.

What will you see when you 'look inside'? Everything and nothing. Nothing because the brain is just a primitive biocomputer, and everything because the brain has access to an infinite information field, which serves as the original source of all humankind's insight, discoveries, intuition and clairvoyance. But it does not stop there.

Under certain conditions, thought energy can materialize a given sector of the variations space. Each individual has the ability to create a layer within the wider world — their own *individual reality*. In this capacity, the individual is also God, but only if they *assume* the right of Master. If a person believes that they can shape their own reality, reality will yield to them. If a person does not believe this is possible, then reality will shape them. It is a mater of choice. Whatever a person chooses is what they will experience. After all, they are God.

- *However hard I try, I can't find a genuine guru. Is there something wrong with me or is this not my true goal, not my true door?*

If I were you, I would appoint myself as the guru and tell myself that I know better than anyone else what I should be doing and how. If you have the daring to risk this, you won't need a teacher anymore.

- *My question concerns personal sensitivity to public opinion, if I can put it that way. You argue that, because of the law of balance, the more badly you think of someone, the more that person will prosper. If this is the case, how are we to understand excommunication by the church? Whenever a person has been universally cursed, it has always ended badly.*

Firstly, I cannot say anything totally unequivocal. You surely do not think that any one individual can know the absolute truth? And anyway, absolute truth does not exist. Why do you think that I repeat so often that the world has a dual nature: physical and metaphysical? The only thing that can be truly argued is that reality is multifaceted, and while this is true, certain consistent characteristics can be observed. You should never trust anyone, who takes one facet of reality and passes it off as the absolute truth. You can't afford to be naive in a world of pendulums. I hope that no Transurfer will ever put me on a pedelstal as spiritual teacher for humanity. I am simply retransmitting knowledge that I received from the variations space. That said, there is no reason why I should not answer if someone asks me a question. First and foremost, Transurfing teaches you to mentor yourself. There is no doubt that YOU CAN, if you assume the right. And as they say, "there is a guru for every fool."

Now for the question. On the contrary, there are many examples of rulers and high-ranking officials, who have lived happily to the end of their days despite being hated by the public. And many other examples of the public's favorites, who have not exactly flown on the wings of bliss. The energy behind a curse or a blessing does not ever reach the addressee. The pendulum absorbs it. In order to win the love or hate of a large number of people, you have to become a favorite of the pendulum. A favorite is not just the individual themself — a favorite comes under the tutelage of a pendulum, which absorbs the lion's share of the energy. Why one favorite or another should suddenly removed from the stage is another matter.

- *You write: "When I let the world take care of me, everything goes well — it works, one hundred percent." I know now that this works. I have been doing it. You just have to let the world take care of you, and then everything goes really well. The difficulty is that, when you are vulnerable, it takes a lot of strength to be vulnerable and stick with the attitude of, "I let the world take care of me and I don't need to give it any advice on how to go about it."*

I like the way you put it: "It takes a lot of strength to be vulnerable," but it is not really that difficult. In fact, it is purely a matter of habit and, therefore, time. The main thing is to stay consistent with playing in front of the mirror. "Be daring" and give it all over to your world layer. Let it "take you by the hand and guide you". Just remember that sometimes you have to physically move your feet and take the necessary steps. The amount of hope you place in life should be within reasonable

limits. And do not carry a grudge with you if your world did not take care of you in the past. Once playing in front of the mirror has become a habit, you will find yourself "cradled in the arms" of your world for most of the time.

- *The thing is that Transurfing is becoming a matter of course for me. In the early days, I had the overwhelming feeling that I was holding a book I would read for the rest of my life. Because before I found Transurfing, I knew nothing about intention, whereas now it is totally natural. I am not upset that this is how it is for me now. That's not why I am asking. I just want to know whether this is how it should be.*

Of course! It is okay. More than okay. It's great! When magic penetrates into your everyday life, you become the *Master* of your own reality. *You control reality by controlling your train of thought*. Every one of us is flying through the endless variations space in our own personal starship. If you dare to sit at the control panel, your ship becomes steerable. But there are no levers or buttons. Navigation is completely determined by intention. If you refuse to steer your ship, its course will be dependent on circumstances. If you do not steer reality, reality will steer you. Your starship is your world layer. You can do whatever you want with it. But the majority of people either *do not know* this, or they simply *do not practice* it.

- *I agree that everyone has their own true goal. But if you look at it from a different perspective, who should take responsibility for deciding whether a goal is someone's true goal or not? I'm not sure that in my case, it should be me. It would be if I were the sole*

reason for my existence, but I do not feel as if I came here purely of my own free will. I am familiar with theosophical theories in which a person gives their consent on a soul level before being born into the world. However, at my present level of consciousness, I do not remember this. Can I really define my own goals if I am not even aware of the purpose of this incarnation?

YES, YOU CAN.

- *As I understand it, anything is possible, it is just that the mind refuses to accept it. Why is the mind so reluctant? Is the mind created deliberately to spite humankind to prevent us from enjoying the possibilities of life? Or are we to go mad believing in anything and everything and manifesting every possible desire?*

The mind is ruled by pendulums and stereotypes. It really is goofy. But it is not so much about the mind having to believe it. The words of a stranger are not enough to make you believe something anyway. When it comes to the principles of Transurfing, try to think less and act more. Then you will discover that the principles do in fact work and will trust in your own experience.

- *I have finally decided that I want to be a lawyer. It is not an easy job, of course. You have to argue constantly, proving your point. Naturally, the pendulum of the law makes it difficult to vindicate your client. Is that right?*

It does not matter whether the pendulum makes it difficult or not. All you need is for the pendulum to make you its favorite.

This means *having the daring to create your own rules without transgressing the pendulum's rules*. In other words, be bold, do not be afraid to break established stereotypes. Be independent — DARE TO CLAIM YOUR OWN RIGHT.

▶ *In general, what advice would you give to a future lawyer?*

Don't ask other people for advice. ASSUME YOUR OWN RIGHT. I will say it again: *in anything, assume the right to be right*. It is not about having confidence that can be shaken by circumstances at any moment. Nor is it about arrogance and blind faith in your own success. It is not even about being optimistic in character. It is about the *Master's intention*. Know that you can master your own reality.

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THE SHYNESS OF MAGICIANS

- *I have often wondered about my purpose in life but for some reason everything led to my setting up my own business. I could not get to grips with my own dreams. They were too fairy-tale like... and I was full of doubt. But then I saw a film, and, you know, there was a phrase in it that turned everything around for me inside: "Sometimes I am good, very good, and sometimes I am bad, but only as bad as I want to be. Freedom is power. To live a life untamed and unafraid is the gift that I've been given... " I realized that all my dreams, for example, to become a magician and travel the world, just meant that I wanted to be free in the full sense of the word. In short, the goal is clear. Only now I have no idea what the slide should look like.*

Your true goal is the thing that would make you feel as if your life was one continuous celebration. Freedom is an accompanying sensation, an integral part of the celebration. When you are following Your true goal and going through Your

true door, you will be working for yourself, and not for someone else. That is what gives you a sense of freedom. So you need to seek your own path, and not just dream of freedom unconnected to the circumstances that would ground it.

It may sound banal but in this world freedom can only be enjoyed by those who are free from the need to earn their daily bread. By following your own path, you will be doing what you love, not what you are forced to do. Money will come automatically as an accompanying attribute. It is inevitable that money will appear, because people are always attracted to what they lack. The overwhelming majority, not having managed to find their own path, take a keen interest in others who have and are willing to pay for everything they do. This is one side of freedom.

The other side is expressed in the phrase that cut to your core: "*Sometimes I am good, very good, and sometimes I am bad, but only as bad as I want to be*." You can have this type of freedom right now. All you have to do is assume the right to *be* the master of your own reality, which is what you will become if you practice Transurfing. The bottom line is that you are the one who sets the weather conditions in your world layer. Declare it a celebration or a period of mourning if you want to. The important thing is that whichever it turns out to be, nothing is decided without your blessing. Once you claim your power, you can transform misfortune into success. This is the purpose of the *coordinating intention principle*. Be bolder with the privileges of the master. You don't need a slide to take that initial step.

- *My problem is this: when I argue with my partner, I think, "That's it. I can't take anymore. It would be better to be single. I'll look for someone else, the man of my dreams. It is never going to work with this one." He is constantly dissatisfied with everything; he treats everyone as if they were a dumb fool as if he was the only one who knows anything, and everyone else is just getting in the way, stopping him from working and earning money. When we are arguing, I tell him, "well if I'm so inadequate, why don't you just find someone else" Then I wake up the next morning afraid: what if he really does up and leave? I love him. He's a good man and takes care of me, as far as he is able. I dream of the future we will have together — it is a great future — but for now, he is poor, although very smart and driven. I'm afraid if he leaves, I won't find anyone better and will end up all alone.*

Perhaps you should try and accept your situation as it is because there does not seem to be anything hugely wrong with it. Balanced forces push people with opposite personalities together in order to compensate for the excess potential that people with strong personalities usually carry. As a rule, opposite personality types, who compliment one another, create more stable relationships than couples of the same type. Do not take the inevitable clashes so much to heart; treat them with greater tolerance. The main thing is that you both make an effort to follow the rule of Transurfing: *accept yourself the way you are, and accept others as they are*.

On the other hand, you could say that in your negative thinking, you are creating a negative reflection in reality's mirror. Assume the right of master and transform the negative

into a positive. Tell yourself, “everything is as it should be, and everything is unfolding as it should, because that is what I have decided.” Again, this is the coordination principle at work, as well as that other side of freedom, we talked about earlier.

By accepting and letting go of the situation, you calm the winds of balanced forces, and, by deciding that all is well with you, you iron out your reflection in the mirror. Reality straightens itself out accordingly.

- *How can I overcome my fear? I can cope with minor difficulties but I can’t seem to overcome my fear of the bigger ones. And in my mind I understand that my fear is spoiling my mirror, and tell myself to quit panicking. But for all my external calm, I still can not get rid of the feeling that inside of me everything is being constricted. It has got to the point where I am terrified that I will ruin my life with my own fear.*

Above all, give yourself permission to be scared. And do not forget to tell yourself at every available opportunity that you world is taking care of you. This will pass. Try not to be impatient. The mirror works with a delay factor, so it takes time for your reality to rebuild itself. With time, everything will settle down but only on the condition that you observe the coordinating intention principle. After all, what is fear if not your worst expectations, the corset of circumstances. Naively believing that it knows what is good for it and what is not, the mind always insists on its own version of the script. When something does not go as expected, the mind assumes that everything is falling apart and that you should prepare for the

worst. In other words, events take their own course regardless of what you "want" or "don't want" and this causes anxiety.

By definition, the coordination principle frees you from the vice of circumstance. You are the queen of your own world, free to declare any defeat a victory: *By my decree so be it*! As a result, reality really does iron itself out, so much so in fact, that it often exceeds our wildest expectations. One analogy would be riding a bicycle. The bike tilts you to one side, and, as if in agreement, you lean your body into the same angle of the tilt, and the relationship between bike and rider is aligned. But if you straighten up the handlebars while you are still leaning to one side, you and the bike will crash. So, remember to give your mind a prod every time you find yourself "turning your nose up," at your current situation. When the coordinating intention principle becomes a habit, everything worthy of fear will gradually disappear from your life. You just have to *do it* — get on and pedal as best you can, otherwise all you are doing is standing around thinking about whether things might work out or not.

Applying this principle cleanses your individual reality — your world flayer — from the outside. Very often, however, this is not enough. The inside has to be cleansed, too. In most people, the inner world is clogged up by two complexes that everyone suffers to one degree or another: a guilt complex and an inferiority complex. The internal baggage these complexes create is not easily cleansed as it can only be removed by taking concrete action: Stop apologizing and trying to protect your self-worth. If you have read *Reality Transurfing*, you will already

understand why this is important. *Coordinating importance* cleanses a person's world from the inside.

To this you can also add the *first principle of Freiling*: let go of the intention to receive, replace it with the intention to give, and the very thing you have let go of will come to you. In any situation that involves communicating with others, be it in a personal or a professional capacity, you will achieve everything you desire, without having to desire it. You just have to refocus your intention: replace "what I want to receive" with "what I can give". In some magical way, this instantly removes almost all the various kinds of difficulties that arise in interpersonal and professional relationships, leaving you with much less cause for concern.

Both these principles, coordinating importance and freiling, give you what many aspire to acquire but very few ever have — a feeling of inner freedom. This comes when a person experiences a sense of wholeness and self-sufficiency and is living in a state of integrity, true to their own convictions. When people cannot find strength and support inside, they search for it outside of themselves. In response to demand, a supply is born in a wide variety of pendulums. Pick any one you like, hook yourself up and start swinging. On the other hand, once a person discovers their own inner strength, they become an axis around which the world begins to turn.

- *Is Transurfing a form of deception? I don't mean in the sense that it does not work — it does; I can see the results for myself — rather, sometimes I have the feeling that I am deceiving* SOMETHING.

I passed a test the other day, only it would not be fully accurate to say that I passed it — really, I just managed to manifest the slide I had been visualising. Everything came about exactly as I saw it. Even the teacher waved at me, just as I imagined him doing in my slide. I have this feeling that I am either one step ahead of events or that am I deceiving God, or who knows what…

In "Transurfing Reality" in the chapter "Intention" you write: "The ancient magicians reached such a state of perfection, that they no longer needed the magic rituals. Naturally, such power created immense excess potential. This is why ancient civilizations like Atlantis, that had discovered the secrets of external intention, were at one time or another destroyed by balanced forces."

Does that mean that if I have truly assimilated this knowledge, balanced forced will destroy me, too?

You are not deceiving anyone or anything. You are shaping your own individual reality, your own world layer. You should be celebrating and but instead, it scares you. Being afraid of your own strength is a major obstacle to the Transurfing practice.

It appears that the ancient magicians, rather than limit themselves to building pyramids, created things that were much more tangible. When a civilization reaches a certain power threshold, be it psychic or technotronic, it self destructs. Hostile energy that is directed into the outside world either by a pendulum or a human being will eventually return like a boomerang and destroy the original source of aggression.

We are all a long way from acquiring the power of the ancient magicians, so there is no need to fear balanced forces. They won't do anything to harm you. Transurfing allows you to create

your own individual layer of the world. As long as you do not go poking you nose into other people's layers, that is, as long as you do not abuse the power of intention and harm others, balance will remain undisturbed. Everyone has the right to their own reality. Rather than spend time on meaningless introspection learn from children who respond to Transurfing simply and naturally. Take this letter as an example:

- *My daughter never ceases to amaze me. Hearing me talk about the miracles of Transurfing, she started to imagine that she was a sorceress, and whenever she remembers to be in role and wishes for something, it gets realized very quickly. This is probably a good thing. But what am I to do if, for example, she has not done her homework, wishes for her teacher not to come to school the next day, and then the teacher does not actually come? Should I get involved (she is thirteen) or should I just leave her to her own little world?*

Of course, children figure things out on their own; they have one great advantage — they have not yet accumulated the stupidity of adults. You just need to communicate to them how very important it is not to use the power of intention to hostile end.

Generally speaking, I would advise you not think so much about the theory of Transurfing and instead take action more often and more boldly. The following letter is a good example of a person who, rather than tormenting themself with futile thoughts, simply enjoys life.

- *Thank you. My world is beautiful and amazing, and every day it just keeps getting better! Everything happens so quickly! Every day something surprises and delights me! It is so wonderful all this being a sorceress!*

I do not usually publish enthusiastic-sounding letters. Quite the opposite in fact, I do my best to show how 'indifferent' I am to them, although I'll whisper in your ear that secretly I am just the same as any other author — an incorrigible, hopeless sucker for positive feedback from my readers. I receive a lot of letters of this kind, which is very nice for me of course. And it's true, I also get other letters full of angry growling and hissing. But if just one person finds a little more happiness in life having read this insignificant little book (worthy of all censure), then this more than outweighs the efforts of all the critics put together.

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IRONING OUT REALITY

When the holidays are over, after many days of fun and relaxation, some may experience a rougher period. This is often the case if you do not keep a handle on managing your own reality. It is not always possible to carry the celebrations with you. Nonetheless, you must not let your world layer descend into the darker realms of the variations space. Whatever happens, remember the *coordinating intention principle* — a universal tool that can correct any difficult situation. It works like this:

If you set out to view a seemingly negative event as positive, that is how it will be.

As you know, dualism is an integral part of our world: everything has a polar opposite: light and darkness, black and white, positive and negative, and so on. The balance in nature can swing one way or the other. When you walk along a log, begin to lose your balance and find yourself falling to one side, you automatically raise your other arm to compensate for the lean. Every event on a life line has two branches that extend

from it, one favorable, the other unfavorable. In any given situation, you choose your attitude towards it. If you consider the event positive, you will find yourself going down the favorable branch. However, more often than not, a tendency for negativity causes a person to express dissatisfaction and then they choose the unfavorable branch.

Some people are in a bad moon the moment they get out of bed. They get irritated by the slightest thing, and then the next thing, and the next thing, and before they know it, the whole day is one big headache. As you are well aware, the moment you fall out of balance, even in the little things, a negative scenario dramatically unfolds. As soon as you let one thing annoy you, more agro follows, hence the saying, "bad things come in threes." *But the unfortunate events that come afterwards do not follow on from the first event so much as your attitude towards it.* Patterns are shaped by the choices you make when you arrive at forks in the life line. When you get annoyed by some nuisance, you start emanating thought energy at the same frequency as the unfavorable life line. In addition, your negative attitude creates a tension potential, which drains a portion of your intention energy, causing you to act less effectively, and then you are faced with a bigger problem.

Now imagine a different scenario. You come up against a difficult or troubling situation. You do not rush to form a negative opinion of it and you avoid reacting with a primitive knee-jerk response, like an oyster. Whatever happens, you stay positive and pretend to be happy about it. Try to find the seed of something positive within the unfortunate event, and stay

upbeat, even if you cannot find anything positive straight away. *Develop the "idiotic" habit of celebrating setbacks*. It is much more fun than getting irritable and whining about every little thing. You will see that in the majority of cases any unwanted event ends up strengthening your hand. And even if this is not the case, you can be sure of one thing: thanks to your own positive attitude, you will end up on a favorable branch of your current life line and will have avoided the domino effect of other unfortunate events.

Coordinating intention is the most efficient way of moving through the variations space. If you greet every event as if it were positive, you will always be traveling down the favorable branches of any given lifeline, all the more frequently experiencing waves of good fortune. And you know that you do not just have your head in the clouds because you are acting deliberately, with conscious awareness. In effect, you are *holding your balance riding a wave of good fortune*.

Notwithstanding all of the above, the practice of Transurfing is not an appropriate fix in grave situations such as when a person has suffered a tragedy or fallen into depression. I often receive letters asking me for help when people are suffering. Here are two of the most characteristic cases I read about:

- *When someone close to you has fallen ill or is dying, it is possible to stop it, right? I think it probably is, but how exactly can we make it go away? Something terrible has happened. My mother has suffered a paralysis. I can't seem to let go of the situation and lower importance. I'm in the hospital day in day out and the medical staff do not like it. I try to imagine slides in which I see*

myself walking around St. Petersburg with my mother in the summer of two thousand and five.

I will not express my sympathy here or try to reassure you because I know that this is not what you need right now, nor will it help. Instead, I'll dive right in. Your question: "When someone close to you has fallen ill or is dying, it is possible to stop it, right? …But how exactly can we make it go away?"

The answer is to do the exact opposite of what you are doing now. First, you are suffering as deeply as you can and this will only aggravate your mother's condition. It may seem to you as it would to every other 'normal' person that expressing grief when a loved one has suffered a tragedy is an okay thing to do. But your suffering is in fact the most effective way of programming a worsening of the current situation.

Second, as a 'normal' Transurfer you *are trying*, again as hard as you can to "run the slides" and in doing this, you activate balancing forces, which will also only go to aggravate the situation.

So what can you do? Well, stop identifying with your suffering. Stop trying to change things, and let go of the situation until you can find some peace. When you are more or less calm, make it a daily practice to run a slide for about thirty minutes in which you see your mother gradually recovering bit by bit, day by day. If you do this calmly and consistently without exhausting yourself with the effort, you ought to see some improvement.

- *I have lost all sense of wholeness and inner joy. I keep trying to remember what it felt like, but nothing comes to me. My mind is full of interconnected thoughts, but none follow through into a*

coherent idea. I am not panicking, but it is extremely uncomfortable. What would you suggest in a situation like mine? I know what I want: confidence, inner peace and happiness.

You need to *iron out your reality* — carry your world layer out of the dull cloud into the clear realm of the variations space. How?

Well, there is a recipe for this, which is very simple like everything ingenious. How do you quiet a small child when they are crying? Persuasion does not work. You have to spend time with the child, give the child some attention, express your concern, and sympathize. When you feel bad, it is as if the child inside you is crying. Take care of your inner child. Despite the fact that many of us look strong and cool and like we have it all together, we are all little children at heart. "Go take a ride on a carousel," by which I mean, go and do what you like doing best. Take some dedicated down time to iron out your reality and use it simply to rest, not to think about your problems. Tell yourself: "*Today, me and my world are going for a walk!*" The time spent will be well worth it because your life layer needs cleansing and there's a lot depending on it. Treat yourself to your favorite food: "Tuck in, tuck in, dear, get well." Devote the entire day to yourself and to the things that give you pleasure. Take care of yourself, tuck yourself up in bed: "Go to sleep, little one, your world will take care of everything."

The next day, as long as you take the time to observe the principle of coordinating intention, you will feel everything around you beginning to acquire warmer, cosier shades — this is a sign that your world layer is emerging from the dull zone.

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ETERNITY'S HUSH

▶ *There was an episode in my life that seemed to be completely at odds with the ideas of Transurfing. There are three children in our family so there's a lot of washing to be done. For a time, I had a large washing machine, a semi-automatic, but then automatic washing machines came on the market. I was amazed that people were prepared to spend so much money on them. Firstly, my machine worked fine. You just had to pour water into it at each wash phase. On more than one occasion, water flooded over the top when I left the kitchen and was not keeping an eye on the hose. Anyway, I was certain that I would never be able to afford one! Back then a washing machine cost roughly between seven and ten thousand roubles, and we had only able to put aside three thousand roubles, and that money was already allocated for other essentials. Then my machine broke down and my husband could not fix it. Once, I washed the entire bed linen for the whole family by hand. Another time, I was just too tired to do the washing, so in the end, we decided that we had to buy a new*

machine. There was a shop at the factory where we work, and they sold us a washing machine in exchange for the three thousand roubles we had set aside, plus they deducted two thousand rubles from my salary and my husband's salary in different months. It was only once I had the new machine and set the first wash cycle going that I realized how convenient it was. It was such a huge relief. At that time, I had no money and I did not do anything like visualize a slide. I did everything contrary to what I read in your books, and yet I still achieved my goal. How would you explain this?

Your story does not contradict Transurfing. Quite the opposite in fact. The example you give illustrates how the mind negates the goal when it thinks about the means of achieving it, e.g. "We can't afford it. You'll just have to get by." But in your heart, did not you secretly want a decent washing machine? Even though the mind was not listening to the desires of the heart, the heart nonetheless gained the upper hand and got the toy it wanted. No visualization was required. Did you really think it was imperative to perform some kind of manipulation or ritual in order for any desire to be fulfilled? It is enough for the heart and mind to be in sync. Problems only arises when the mind either does not believe in the goal is realistically achievable, or insists on its own plan for achieving it, naively considering itself to be omniscient. This is how people prevent their own goals from being materialized in physical reality.

If you had not been counting the pennies, and instead had convinced your mind that it was all just a matter of gaining its consent, then you might have got the new machine for a lot less.

How? This neither of us can know, and anyway, it is irrelevant now. If the mind *agrees to have* the toy that the heart is asking for and stops thinking about the means to acquire it, the means will appear quite naturally. If the mind cannot bring itself to agree with the heart, that is when to apply the slide technique, and take the fortress by storm.

As you can see, I have to repeat the same idea over and over again even though it has already been explained in my books, and has been touched on more than once in the online group. The secret of magic at play here is very simple and accessible, not at all obscured behind veils of ritual. It is just that people who adhere to the customary worldview find it extraordinarily difficult to comprehend this simple truth, and so their desires remain unfulfilled and their dreams do not come true.

- *You say that by concentrating our attention, we can materialize any one of the infinite potential opportunities that exist in the variations space. What you are suggesting is that we slide along life lines 'horizontally'. My question is whether it is possible to slide along life lines "vertically", that is, both into the past and into the future?*

If you think of the path of material realization through the variations space as being like a roll of film, then it would make sense that you cannot return to frames that have already "passed" through the light projector's beam, as this would disturb the cause and effect relationships of life. But in theory, it is possible to travel into the past along a different film roll whose slides have not yet passed the projector beam of the present. How this might be achieved in practice, I do not know. As far as

the future goes, you can materialize one or another version of it with the help of visualization techniques. I do not see any point in speculating about other forms of time travel.

- *Is there a way of visually monitoring whether an intention is working or not? Or can this only be done via a transaction?*

Transaction enables you to see the movement as it is taking place in the variations space. Ths is when the shades of a life line's scenery are changing, indicating that movement is already taking place. This phenomenon is discussed in detail in the book *Reality Transurfing*. The second book *Apples Fall to the Sky* describes another curious phenomenon. When a person visualizes a target slide intensely, their world layer begins to pass through what I call the *transit zones* of the variations space, and this is when local disturbances arise in your everyday reality — something out of the ordinary happens. The powerful stream of mental energy has a tangible effect on reality, "sending ripples" through it, as if through water. For example, you may suddenly find yourself coming across an unusually large number of people, in whom you observe something strange about their appearance. These effects can actually be seen.

That said, the priority is always to observe the result rather than the process. But since there is a delay factor in the way the world mirrors our thoughts, it is impossible to see a whole new "image developing" with the naked eye. It is only in dreams that events develop that rapidly, flowing with the dreamer's train of thought, their fears and expectations. Unlike our dreams, reality is inert like treacle. You could say that waking reality is like a dream, but it is only fifty percent the same. Why?

Reality, as we understand it here, has a dual nature. In our world all primary, that is non-derivative objects and properties have a polar opposite: positive and negative, black and white, physical and metaphysical. In a general sense, you could say that one half of reality is represented by the material world, and the other half by the variations space that exists beyond our perception.

This second half of the dual mirror contains an *eternity* — everything that does not exist in the material world but that has the potential to become manifest in physical reality. Our perception of the infinite nature of time and space is limited to the visible portion of the route that material realization is taking through the variations space. On the other side of the dual mirror, a person's life flows through dreams in which nothing is impossible. Here, we experience what is commonly understood to be the "real" reality. But from the point of view of a person's ability to influence events, whether that side or this — it is all the same dream. The difference between meta-reality and physical reality lies purely in the quality of inertia, which is so characteristic of the latter. It takes time for a virtual potential to become realized in the physical realm and while this process is underway, eternity remains silent making it seem as if *nothing is happening*. The delay prompts people, who are accustomed to seeing an instant response to their actions, to conclude that *it is not working out*. As a result, they continue to sleepwalk through waking reality — they may have woken up from physical sleep, but they remain at the mercy of circumstance.

So how do you wake up from the dream that is waking life? The answer is the same as how to wake up in a dream while you are sleeping — you have to become aware of your capacity to influence how the dream will unfold. What do we mean by *become aware*? It is very simple: get your mind to accept that it is possible. You have to come to terms with the fact that your eyes cannot see intention working. The results will become visible later, but only if you are willing to carry patiently in the dark for a while. It is important to take account of the quality of inertia inherent in material reality and to keep your attention focused consistently on one thing for a relatively long period of time. Columbus would never have reached America if he had not passed the test of silence.

We have all somehow accepted as fact the idea that we can only influence physical reality directly using our own inner intention and acting within the limits of our own abilities. But if you *know* how the dual mirror works, you can take a different approach — take a portion of metaphysical reality and embed it in physical form with the help of external intention. In other words, create something that does not yet exist in the physical realm; use directed thought energy to realize a corresponding sector in the variations space.

It takes time to materialize something imagined. It also takes determination to consistently focus your attention. Wishes are not granted and dreams do not come true — what really become embodied in physical reality are thoughtforms born of a united heart and mind, and unshakeable intention. If the heart strives towards a goal but the mind doubts that it is feasible or gets

caught up in thinking about how to achieve it, the image will split down the middle, making it impossible for the mirror to reflect a clear shape. Similarly, if “common sense” settles for a solution, which it considers to be comprehensive and well-rationalized, but the heart is restless and hurting, again the mirror image will fuzzy and indistinct.

In order to unite the heart and mind, you must seek your true goal — the one path that causes no incongruity between the dictates of the heart and the realities of life. As a rule, when a person is not following their *true* path, the incongruity lies in the discrepancy between the desire itself and the capacity for it to be realized. It can be difficult to find your one *true* path. This does not mean, however, that a person cannot be successful if they have chosen some other path, it just means that fulfilling their desire will require indomitable intention, and namely consistent, methodical work with the target slide. You just need to understand that intention is served not by busting a gut but by *focusing attention*.

A sector of the variations space can only be materialized after it has been exposed to sharply focused thought energy for a sufficient length of time. If every idea that flashed through our minds was realized instantly, our lives would be in complete chaos. If you want to see your thoughtform mirrored in the world, control the focus of your attention, and act with total consistency. Just work on the slide *regularly*, that’s all it takes.

In the initial stages, you have to put up with the fact that nothing has changed in your external world, but remember, this does not mean that nothing is happening. As mentioned above,

the dual mirror works with a delay factor. Little by little, the reflection will begin to correspond to the intention you are visualizing. The main thing, I repeat, is to *act with total consistency while observing the principle of coordinating intention*. Know that if you declare to the world an iron clad intention, sooner or later, a *door* will open — a set of circumstances will fall into place that will enable you to carry out your plan. At first, the mind will not have any inkling that these doors exist, but when they open, the mind will be persuaded: what seemed impossible before has become quite realistic.

Once the mind begins to see manifestations resulting from the work of intention, the mind will gradually gain confidence in the prospect of success, and the discrepancy between desire and possibility will be eliminated; the image will become sharper, and visible features of the goal will begin to appear in reality's mirror. You do not have to believe in a sense of "let it be unto you," but concrete, systematic, consistent work is essential. No matter what is happening around you, even if it seems as if everything is falling apart, your should keep your attention focused on your ultimate goal. Once you start to see genuine shifts, faith will come of its own accord. Until that time, you just have to keep going "blindfolded." It is like in the fairytale, that goes 'don't look back or …' well, you may not quite turn to stone, but nothing good will come of it. Those who can survive *eternity's hush*, the period of time when nothing appears to be happening and there is no sign of the goal on the distant horizon — these are the ones, who will reach their America.

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AT THE MERCY OF THE DREAM

- *You write that everyone has one true destiny, but that there are many potential variations of a life path. So what is fate if there are many variations of it? If the variations are essentially different stage sets for one and the same event, then they can hardly be called true variations, can they? It is just a different kind of "packaging" or something… I don't know what else to call it, because the key scenario is the same whatever the variation. For example, if a person is destined to be lonely all their life, how can one talk of variations of this experience?*

As a rule, opinions are divided when it comes to the question of fate. Some believe that fate is in the hands of the individual. Others believe that fate is predetermined, and still others go even further and consider fate to be a person's lot, imparted to them from above and conditioned by the deeds of their past lives. So which interpretation is closest to the truth?

None of them. All three are equally valid. How could it be otherwise in a world that is a mirror? Everyone, who stands in front of the mirror will receive confirmation of their own way of thinking. There is no point in asking the mirror whether you are destined to see your face reflected in a sad expression or a cheerful one. The mirror reflects both what is, while at the same time, it is true to say that as you wish to see yourself, so the reflection. Therefore, the question of fate is a matter of choice: whether you choose a fate that is predestined or some other kind of fate is a matter of personal conviction — but what you choose is what you will get.

If a person is convinced that fate is something inescapable and predetermined, some kind of predestined scenario will manifest itself in their life. In the variations space, there will naturally be a current along which the boat of life will travel if it has been launched and surrendered to the behest of the waves. The "doomed" individual, floundering in infantilism, reverently lifts their head to heaven from whence the "blows of fate" come pouring down like pine cones to the forest floor, exclaiming: "Oh, the power of providence! Oh, hand of doom!" In fact, the scenario they are experiencing is not at all "written in the stars," so much as stamped on their forehead — they are a fool at the mercy of the unconscious and very silly dream to which they have sentenced themself.

This kind of absurd ignorance is capable of destroying not just individual lives but entire civilizations. Think I'm exaggerating? Not a bit if you take into account the mighty empire of the Incas, that was comparable to Rome in its level of development, and

how it fell. When the Spanish conquerors, who numbered (a mere) one hundred and seventy, landed on the coast, they were met by an army of forty thousand Incas. Faced with such a huge force, the conquistadors were paralyzed by terror to the point that many of them literally wet their pants. But then something incredible happened.

In despair, the Spaniards rushed with swords raised towards the wall of formidable Indian warriors, who in turn dared not raise their weapons in defense. On that day, getting the taste for murder, the Spaniards hacked to pieces seven thousand souls before penetrating deep into local territory unopposed and there committing unimaginable acts of greed and cruelty. In fifty years, of a population of seven million Incas, five million were killed. The "civilized" barbarians melted down into ingots all the gold works of art they could find. A culture that had been developing for several millennia was completely eradicated.

How was this possible? Why did a highly developed people allow themselves to be exterminated by a handful of greedy vandals? The answer is that they "knew too much." The fundamental knowledge of astronomy was converted, or rather "perverted" into astrology. The sages used the stars to prophesize a day when aliens would wipe out the Inca empire. When that day had finally appeared to have come, the "educated ignoramuses" were so convinced of invincibility of their own knowledge that it never occurred to them that it might be worth putting up a fight and instead simply resigned themselves to the inevitable. As one of the most powerful nations in the Americas, they could easily have crushed a band of presumptuous thieves.

After all, the conquerors were unable to transport an army many thousand strong across the sea in one go. What destroyed the Incas was their own belief that the future was set in stone. *Faith, of any kind, is never a delusion — it is a choice that is subsequently realized.* The Incas could have chosen an open destiny, but instead they chose one that was predestined, which is a pity, isn't it?

As soon as a person decides to take destiny into their own hands, circumstances lose their ineluctable quality. A ship can be steered in any direction away from a fate that is might otherwise be considered predetermined. It's very simple: life is like a river. If you are the one rowing the boat, you can choose the direction of travel, but if you surrender to the current, you must go wherever the current takes you. For example, if karma is what you want, karma is what you will get. When you align your mind with the idea that your fate depends on certain inexorable circumstances, or mistakes you have made in past lives, you manifest the corresponding variation into physical reality. Your destiny is in your hands first and foremost because you are a child of God. But if you want to be the Master maker of your own destiny, then this, too, is in your power. The dual mirror will agree to anything. The question is whether you know how to use it.

▶ *I can't seem to work out my true purpose. What should I do?*

Ultimately, your mind will determine what your true goal, your life purpose is. In characteristic manner, the mind takes a logical approach to seeking your true goal. This is its mistake. The task of the mind is not to look for your goal, but to *recognize*

it when it appears. The heart will sense it, and you will feel this happening, but you have to give your heart the opportunity to make choices. That means broadening your horizons: visiting places you have not been to before, seeing things you have not seen before, letting in new information, and escaping the grinding cycle of the mundane. Also, listen more attentively to the voice of the heart. When, you come across fresh information, you will feel your soul light up, and your mind take pleasure in thinking it over from different angles. When this happens, you can be sure that you have found the *right thing for you*.

- *I am haunted by a repetitive scenario. When I start getting to know a man, I experience a "small emotional spark", which then fades, although I still want to be friends with him. At this moment the man falls in love with me, but there's no hope of a romantic relationship because by this time, I have already decided that he won't ever be anything more than a friend. I now have a lot of friends, but the situation is beginning to scare me and I'm wondering if there's something wrong with me. I dream of having a long-term romantic relationship, a marriage. I have certain expectations though which if not fulfilled make it difficult for me to accept a man as a potential partner. I value responsibility, generosity, optimism, and originality in a man, but for some reason, I end up meeting men, who start revealing a lazy streak. I am the opposite. I want to be out and about doing things. I want my husband and I to be the kind of couple, who are friends with everyone, and get involved in everything... Often, the men I meet have jobs with no prospects. For them it is enough*

that they have a job at all, which annoys the hell out of me. In the end, I start to feel more like a friend or sister than the man's woman and partner. How do I go about finding someone that is right for me?

When a person like you has a strong personality, people with the opposite qualities tend to "stick" to them. You will keep finding whatever it is you find difficult to accept in a man. This happens for two reasons.

The first reason is down to the impact of balancing forces. If you have a tendency to evaluate people by comparing them to yourself, polarization arises, which attracts people with the opposite qualities to you, like iron filings to a magnet. As long as you are being yourself, irrespective of those around you, adopting the attitude of "this is me, and what you see is what you get," the energetic picture remains undistorted. But as soon as you start comparing yourself to others: "I am like this, but they are so this way and that," then you get heterogeneity in the field, which whips up the winds of balanced forces.

The second reason may be that your attention is focused on the qualities you dislike. It is very simple: you are standing in front of a mirror, which reflects whatever your attention is focused on. Take note that when you are searching for a partner, you are usually concentrating either on what *you want*, or on what you *do not want*.

If you are focusing your attention mostly on your previous partners' shortcomings, and the qualities you find unacceptable, the mirror is even more likely to send you men cut from the same cloth. All the time that you are wondering why that type

are attracted to you, you are getting annoyed, which means that your thoughts are focused on what you *do not want*. The mirror does not care what feelings you are feeling — it simply mirrors the content of your thoughts, nothing more, nothing less.

In order to change the situation, you must, firstly, follow the Transurfing rule: "Be yourself and allow others to be themselves," and secondly, consciously redirect your attention so that you are focusing on the qualities that you like in people. Concentrate on what you *want* to receive. *The world mirror will always reflect the picture in your mind — the focus of your attention*. Get into the habit of seeking, and spotting in others, qualities that you admire. Then you will see how quickly the world around you can change.

- *My friend has fallen in love with me. I am really worried that I'll destroy our friendship in either event — if I accept his love or if I turn him down. At the same time, I have no intention of marrying this person. It is complicated.*

This is the same situation as above. You are experiencing what you *don't want*. Why? Because your are giving your attention to things that you find unacceptable and want to be rid of. Do do not want to ruin the friendship, you do not want love, and you do not want to get married. These are the things that are occupying your thoughts. Again, I repeat, *the world mirror reflects whatever picture you focus your attention on*.

If you maintain an awareness of being, you will notice: at first everything goes well, but then at some point, something happens that troubles you. In that moment, your attention switches to the negative circumstance precisely because it

upsets, worries, irritates or engages you in some way. The moment your attention is hooked, you start sleepwalking. The dream envelops you, dragging you along by the thread of your own discontent. Your thoughts become channeled in a certain direction, and events begin to unfold accordingly. Sleepwalking through waking life feels totally natural, since the dream is just "happening" regardless of your will. You try to influence what is happening by exerting your will, instead of taking control of where you are focusing your attention. When you let your train of thought go unchecked, you find yourself in a vicious circle: *you do not want what you get, and you get what you do not want*.

To free yourself, you have to wake up in the dream: *wake up, become aware of what your attention is fixated on, and switch to thinking about what you would like to see in your life*. If you can successfully keep your train of thought focused on the right thing, even for a while, you will break the cycle, and free yourself from the dream that had you hooked — *your reality will change*.

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COORDINATING OPTIMISM

- *At the moment, I am putting into practice the techniques in "Reality Transurfing". It works! Pendulums throw all sorts of intrigue my way, but I treat the provocation with the Buddha's smile — zero reaction. The question is: do pendulums escalate their provocations in order to unbalance a person once they see that minor problems are not generating the desired response?*

The magnitude of the problem is not the issue — pendulums are not capable of conscious intention, and so it is not as if they "contrive" or plan how to go about causing a person even greater levels of harm. They function naturally, like any other parasite. What happens is that when a person is just starting to practice the Transurfing techniques, their world gets slightly reconstructed, and during this process, long-standing problems are often exacerbated. It will all sort itself out eventually. It takes quite a long time (at least a month) of practising the

coordinating intention principle for it to become habit, but once it does, your world layer will gradually iron itself out.

▶ *It is not an easy modality, not at all easy, but it is effective.*

Ah! Such is our lot! But I would recommend altering your attitude towards Transurfing, specifically as you say, that it is "not an easy modality." Firstly, you could stop calling it a "modality." Instead see it as "a way of thinking," "a way of life". Secondly, making the most of your will as a Master reality maker, you could decide that everything comes easily to you. You could just live your life with ease. It's that simple.

You may well answer: "that's easy for you to say!" And I agree that hackneyed, time-worn statements of truth are not enough in and of themselves and should be accompanied by concrete explanations and guidance for self-practice. We are surrounded by indisputable maxims, so polished from frequent use that they are eviscerated of the truth. Trite sayings are like ancient Greek columns — impeccable but useless.

For example, I have always been perplexed by the aphorism attributed to Kozma Prutkov: "If you want to be happy, be so." Isn't this statement like a mask, one half white, the other, black? Something does not add up. It seems right, as if there were nothing to objecting to. But what is the use of an aphorism like this? How am I supposed to force myself to be optimistic by definition if I feel lousy?

And yet there is a concrete means of reviving this fossilised truth — the *coordinating intention principle*. It is not about transforming yourself into an optimist so much as changing your attitude to things. I should make clear that you are not the

same thing as your attitude. There is no need to change yourself. A negative reaction to disheartening circumstances is nothing more than a reflex, an acquired habit, and perhaps the most harmful kind.

Resorting to knee-jerk negative responses is the way of the oyster, and is symptomatic of the unconscious dreaming in which you are powerless to influence events. Your mind is accustomed to darkening the instant that disheartening circumstances arise, and this causes your life line to pass along a negative branch, where things become even worse. It is by travelling along a chain of negative branches that you find yourself having a streak of bad luck.

In order to gain control over events, you have to consciously manage your attitude to what is happening. There is no point in telling yourself that everything is great when in reality things are awful. It is about waking up, consciously looking at the situation and your attitude towards it. There is a saying that goes, “you look and see that to continue living is impossible, but then you think about it, and see you can go on.” So, whenever you come up against a negative circumstance, stop at the fork in the road, be aware of what is happening, and give yourself time to reflect.

Ask yourself, “is this bad?” And if the answer is “Yes, it’s rubbish,” then say to yourself: “What could be good about it? If I allow myself to think that it is bad, what will happen? Things will get even worse. Is that what I need? No. In that case, as the Master of my own reality, I declare this circumstance favorable. Is there a silver lining to this situation anywhere? Most

certainly. And even if there is not, I don't give a damn — the main thing is that I am acting with awareness, not allowing myself to be carried down a negative branch of my current life line."

It's like taking a sheet of paper, jotting down the crux of the situation, and marking it without an imposingly official stamp that reads, "I *approve*". Not being an optimist, you realize that the circumstances you are facing are negative, but you *consciously* declare them positive, and from that moment on, your attitude is attuned accordingly. If you do this, you really are taking control of what is going on in your life. Rather than being dependent on circumstances, you will see that circumstances begin to play to your hand in accordance with your will. The whole point is that you will have consciously controlled your attitude to events, and in doing so, taken control of your own reality. *You have woken up in the dream.*

- *As far as I understand it there are no bad situations in life. You just have to accept things as they are. So, to use an extreme example for the sake of clarity, even if you live in a shack and feed off scraps, you should tell yourself that everything is as it should be, that all is well because that's what you've decided, and not try to change anything? You should just accept the situation and rest allowing yourself to be held in the palm of the world, right? Or, (presuming the level of need is above all this) should you crawl out of the hole, and pull yourself upwards?*

I don't see any contradiction here. If you have read the book carefully, you will know that the coordinating intention principle encourages you to adopt a positive attitude towards *a*

singular event that might initially appear negative. Putting up with an entire *way of life* that does not suit you is not exactly what I mean when I talk about sitting in a puddle or bobbing along at the behest of the waves, and is a different matter entirely to consciously going with the flow. Here you are not so much "using an extreme example for the sake of clarity" as taking part of an idea out of context.

- *And still, I would like to clarify: let's say that I have fallen on hard times; I want to improve things but at the same time I am supposed to be positive about what I already have? Why then would I bother striving for more if I am developing an attitude of being satisfied with what I have already?*

You cannot force yourself to be content with what is not truly yours. You could pretend, but nothing will come of it. You are missing the point. There are two realities in question here: a reality that does not fulfil you, and a potential opportunity in the variations space that is not yet manifest in physical reality, but which could, in principle, be manifested. *Whichever you choose to focus your attention on will be what you ultimately experience in life*.

If you are satisfied with your current situation, everything will remain as it is: this is the reality you will inhabit. If you are dissatisfied with your current position in life, this too will become your reality. Whether you are enjoying your current reality or not is irrelevant. The simple fact of the matter is that while you continue to think about it, nothing will change. You will experience whatever reality your thoughts are focused on.

While your focus remains fixed on that same reality, you will continue to have the same dream.

In order to escape from *this reality*, it is essential that you redirect the focus of your attention to *whatever other reality* you would rather be experiencing. It is not about forcing yourself to love your present, so much as consciously shifting your gaze to the future. Again and again you have to pull your thoughts back to your goal. Every now and again, picture the scene in your mind's eye, seeing what your life would look like, from all sorts of different angles, had the goal already been achieved. Your should affirm your goal consistently *in the context* of your current reality, as a *background image*. Wherever you are, no matter what is going on, you must never forget your goal — keep reviving your memory of it.

If you succeed in keeping your attention focused on your target reality, your current reality will literally transform before your very eyes — you will be able to sense it happening, and your former reality will no longer appear so gloomy. Notice every change, however small, and continue directing your thoughts towards your goal. Events you had never dreamed of will start to take place — you will watch as everyday reality steadily aligns itself with the image you picture in your mind's eye.

- So, *you have to respond positively and optimistically to both the "pleasant" and the "unpleasant" circumstances of life? It is how optimists get by in life, right? "Everything that happens to me is for the best, even if I've been run over by a car or fired from my job".*

Optimism is a character trait, the tendency to have a cheerful outlook. However, even the greatest optimist cannot maintain high spirits *under all* circumstances, not if there are in their right mind. An optimist is hopeful that *everything will be alright*, but it is an unconscious attitude on their part — they are simply expressing their true nature. But what about the pessimist? How are they to be convinced by all this hackneyed, "everything will be alright stuff"? The pessimist needs more than that. They want to know w*hy it will be alright*.

I am a pessimist, and it was ruining my life until I started consciously managing my attitude to everyday reality. Now, when I suffer a setback, I deliberately turn things upside down and declare it "a win." And one hundred percent, everything works out fine in the end. I control my reality, it does not control me. You might assume that I have changed since then. Not at all. I *changed my attitude to life* but stayed the same person, the same old pessimist I always was.

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SUPERSTITION VACCINE

- *Since I am a skeptic by nature, I am putting what you have written to the test, trying it out for real. To my surprise, almost everything works (I say "almost" because I haven't gotten to everything yet). I've already accepted that I can't explain HOW it works, but that doesn't matter – I can see tangible results. Now to the crux of my question. Things usually go my way (at least I think they do), until I talk (boast) about it to someone else. For a little while afterwards, my reality is not quite the same as before, but then everything straightens out again. A specific example would be when I'm driving. I never worry too much about observing the speed limit. I often pass traffic control posts, but they seem to stop everyone else but me. As a rule, I never doubt that I'll drive by without being stopped. However, I mentioned this to someone once and immediately afterwards, I got stopped, twice, and was stopped again the following day. My question is this: is this pure coincidence (I boasted and then got stopped), or*

can the context of Transurfing offer some kind of explanation for the connection between the two events?

What you describe does not sound like a purely incidental coincidence. The moment you boast to someone about what you have achieved or are about to achieve, a barely perceptible doubt pulses through your subconscious mind: *don't tempt fate*. Everyone experiences this hint of misgiving, even people, who do not believe in bad omens. Society creates conventionalized thoughtforms that somehow become "stitched" into the fabric of our subconscious mind. Sayings like, "don't count your chickens before they're hatched." Customs such as throwing salt over your left shoulder, and knocking on wood form conventionalized notions, which have us believe that good fortune is capable of being frightened off whenever you express joy or satisfaction aloud.

At first glance, you might think that superstitions like these have no real grounds for us to believe in them. So why then do the customs seem to work? After all, words spoken aloud are essentially nothing more than vibrating air currents. Moreover the thoughts that make up the meaning of the words have little power, since they are generated mostly by one mind only.

The power lies in the fleeting wave of fear we feel when the heart and mind touch lightly and are momentarily united: *what if...* and *not to tempt fate*. This brief moment of unity is more than enough to trigger the mechanism of external intention — a powerful force capable of exerting a significant impact on reality. Rooting out fear from the subconscious is not easy to do, and so the only thing I would advise is that you, *never boast*

about something before you have achieved it, or about having something that you know you could lose.

- *I got a D in my last oral exam. I revised but "as always" was unlucky in the questions — mine was on the only material I skipped whilst revising for the exam. I gave a rubbish answer but the teacher took pity on me due to my high attendance record and her positive attitude towards me generally. Since the middle of December, I have been working with a goal slide, maybe not for a full half hour each day, but for at least ten minutes a day. I imagined that I was leaving my last exam looking down at my grade book before handing it into the dean's office, seeing only 'A' grades. Maybe I did not work on the slide well enough, or am I missing something?*

You have to be aware that you cannot change reality to meet your desire at a hundred percent success rate by the power of thought alone. This is especially true for short-term goals. Long-term goals are actually more achievable. Because material realization is inert, it takes a relatively long time, an unpredictable length of time, to translate what you desire into reality.

Imagine that I gave you a small hammer and you told that the hammer was no good because you kept hitting your finger. We are not playing at wizards here. Transurfing works with stunning efficiency. What more do you want?

- *Now that I realize the fundamental truth of the Transurfing principles, I feel tragically alone for the first time. There is literally no one I can talk to. I understand now that the people,*

who I used to find it interesting or at least enjoyable to spend time with, are stuck in a quagmire of convention thoughts and misconception. I find it difficult to talk to them at all now. I have nothing to say to them. Relationships with my family have deteriorated for the same reason. You could build Mayakovsky's city garden with the efforts I've made to educate them. I find myself in the same position as someone who's been washed up on a desert island: they are their own master, smarter than anyone else for as far as the eye can see, but what's the point? Ok, maybe not smarter — pride is a sin — but a bunch of us in my social circle have read your books and everyone else has been sceptical about Transurfing except me. It turns out, the greater awareness a person has, the lonelier they become. Is it like that for you, too? Have your relationships with people changed, especially with family and friends?

Drop this worthless task of trying to wake up others who are still asleep. Maybe they want to stay asleep. The people in my life, for example, are very far from Transurfing, and many have no idea of my identity as author. After all, I'm genuinely *nobody*. But this thought does not get me down. And I would advise you, too, to carry on living a normal life. The advantage you have is that you have woken up in a waking dream and are now free to shape your own reality. If the people around you do not want to try it, or rather, do not believe that it is possible, you are unlikely to be able to convince them otherwise.

- *Who are you really? I would like to know more about you.*

As I said, I'm over forty. Before the collapse of the Soviet Union, I held a position as a researcher in the field of quantum physics; later I was working in computer technology, and now, books. I live in Russia. My nationality is Russia, specifically, I am a quarter Estonian. The rest is irrelevant, just as the information I have just shared with you.

- *I understand that everything depends on the level of your needs and goals, but have you ever tried doing something totally out of the ordinary, for the sake of experiment (after all, you should be better at practicing Transurfing than anyone), like getting a plane to take off without turning the engines on or winning millions at the lottery.*

Your question gives the impression that you mistake me for someone like the Messiah, the Prophet or some Wizard from the Emerald City. I understand. It is very tempting to shout, "show us a miracle, and then we will believe you!"

If I were a preacher or running some kind of sect, your question would be perfectly legitimate. As is the custom in such circles, a leader is obliged to confirm their unique power by demonstrating something barely short of a miracle, and then everyone will go: "Oh-oh-oh! Wow!" and follow them meekly, in faith and reverence.

Religions and sects are like classical pendulums — they require the unquestioning obedience of their adherents. (I should point out that I make a clear distinction between the concept of God and the religious pendulum that supposedly act in His name (you can read more about this in *Apples Fall to the Sky*) The essential condition required for a religious pendulum to survive

is the existence of a common faith, adherence to one commonly-held idea. But since, as a rule, the pendulum's adherents are called to believe in something intangible and invisible, not physically manifest in any obvious way, strengthening the collective faith requires its leaders to demonstrate something startling and wondrous.

In this respect, Transurfing is the polar opposite of a religious group. Transurfing is not a set of canons or a commonly-held idea that has to be followed and worshipped. It is a communication of ancient knowledge that has existed for eons and been passed from one generation to the next in various different interpretations. At its crux is the notion that everyone should have their *own idea* and that everyone is capable of creating their *own miracle*.

If Transurfing can be called a pendulum, then it is a very particular kind of pendulum: instead of "driving the group into a common order," it encourages each person to follow their unique path. The only unifying factor would be the method of distributing that knowledge, nothing more.

And as for magic, it does not really exist. What we might perceive as magic is simply the concrete and perfectly explicable functioning of intention. We tend to refer to things as magic that do not fit with our notion of common sense. Transurfing removes the veil of mystery and explains how the 'magic' works. Everyone can practice the Transurfing techniques, and there are no cheap tricks involved. It is just that with Transurfing nothing happens as quickly as it does in the hands of an illusionist. Reality is malleable and lends itself to being shaped, but the

inert quality of physical matter means that change inevitably takes time.

Based on all the above, I should no longer need to strengthen your faith in Transurfing by pulling off a miracle. Transurfing does not require worship, belief, or strict adherence to one particular idea. Anyone who practices the Transurfing principles can 'test' it for themselves and create their own miracle. Those who have tried it and seen the results with their own eyes require no further confirmation of its validity. You can call it magic if you like, but the bottom line is that the results are real.

As far as my own progress goes, all I can say is that when you put the Transurfing principles into practice, they work impeccably. I do not want to draw attention to my personal life, as in doing so, it would cease to be personal. Widespread fame can turn against you if you succumb to temptation and climb up onto a pedestal. Some people, the American Indians for example, believe that when someone makes a copy of your portrait (photographs it), they steal part of your soul. This is a superstition of course, but not totally without rational grounds. Widely distribute products of individual creativity, yes, but replicate your own identity? Never.

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THE LAW OF CONTRAST

- *When I was sixteen, I would debate fiercely with anyone who said they wanted to live in Moscow. I didn't like Moscow. I saw it as a great heaven for tourists but not a place to live permanently. The result? I now live in Moscow. At the age of nineteen, I argued with everyone who said, "all men are bastards," defending men and my choice of partner. No doubt you can guess the result. As soon as I caught myself thinking that something was unacceptable (or that I hated), that same thing would appear in my life. Until the age of twenty-two, I saw children as some kind of miscomprehension, and could not understand how one could actually "want to have them". As a result, a year later I gave birth to my son and welcomed the pregnancy. Around that time, I started to hate men and set myself the ultimate goal of never getting married, let alone having any more children. As a result, I had another child with my second husband, again a boy (both the first and the second time, I wanted a girl).*

> *Only after reading your books, did I realize that everything in my life was happening according to the axiom, "you get what you don't want," whereas before, I just thought I was a failure despite generally coming first at everything. So, I thought: 'if the future slides, which I have painted as goals are unlikely to come true, maybe it would be more effective to think about what I don't like?' Or would that be creating an artificial intention? For example: 'I don't want to be very rich, have cool cars, and huge houses, not to mention my own private islands, yachts and other forms of material abundance. I genuinely have no desire for such things.*

It is unlikely that you will be able to force yourself not to want the things that you passionately desire, or even to focus your thoughts on something to which you are actually indifferent. The world mirror will not be fooled by pretence — it mirrors whatever the heart and soul are genuinely concerned with. If heart and mind are one, a clear image will quickly become manifest in physical reality; when they are at odds, the image splits and then nothing with clear contours can be manifest in physical reality either.

The state of unity between heart and mind is distinguished by one feature: it is always accompanied by *passionate feeling*. This may be expressed as delight, but more often than not, due to the human inclination towards negativism, the passion manifests as anxiety, disgust, resentment, indignation and rage. The mirror is completely indifferent to the nature of your emotion, whether it tends towards acceptance or disapproval, it simply reflects the *content* of your thoughts as fact.

Whereas feelings of great enthusiasm or elation tend to be short-lasting, feelings of oppression and negation can become our constant companions, since they are more effectively conditioned by the world around us. When you are passionately set against something, the heart and mind are in complete solidarity. A clear shape forms in your thoughts, which the dual mirror dis translates into reality quite passionately. That is why the things you do not want come into your life.

In contrast, when you say that you don't want to own a yacht, it is not that you hate yachts, you just do not particularly feel the need of one. Likewise, you don't think about living in a miserable shack — you do not want to live in a shack, but neither are you scared that this is where you'll end up. Your thoughts are not ruled by things to which you are indifferent. In relation to these things, you lack mental certainty, orientation, and so the shape being mirrored in the world is amorphous, blurry — it is unclear, what exactly your shape is expressing. Yet when you start to fear or hate something, the heart and mind merge, causing the relevant shape to acquire sharp contours.

It is impossible to create or maintain unity of heart and mind artificially, just as it is impossible to wantonly maintain a state of enthusiasm for any length of time. It is something you can only strive towards. The best way to achieving unity of heart and mind is to stay true to yourself and move towards your true goal. The more focused the shape that emerges from the heart and mind, the faster it will be realized. But if this is not yet within your range, you can achieve the same results by long siege — by *behaving with unyielding consistency*.

Whenever your attention is grabbed by something that displeases you, consciously switch your focus to what you would like to be experiencing instead. It is like a carrying a flashlight: either you wander randomly from side to side, fearfully illuminating pockets of darkness, or whatever else is going on, you direct the beam straight ahead and stride boldly towards your goal.

- *Although not always, it is often the case that a business starts well, but subsequently sees poorer results. Is there a way of working with this tendency, or even correcting it?*
- *I have noticed that often in my own life, things have not gone as planned or they have turned out completely the opposite. Transurfing would explain this as being because I attributed inflated importance to these things. Later I spotted an interesting pattern. If you deliberately consider the possibility that the situation will develop poorly, everything turns out well! So now, to avoid a disappointing outcome, I deliberately come up with as many bad options as possible, and as a result, everything seems to turn out fine. Why does this happen?*

No categorical rule can be applied here. Sometimes everything begins wonderfully but ends very badly, and sometimes the opposite happens: there's a terrible start but in the end, everything turns out brilliantly. The process is different for everyone, and everyone notices their own pattern. What causes you to spot this underlying process is the *contrast* that is evoked *when* you expect one thing, and witness another. When the circumstances are not been invested with great importance, people generally fail to notice that the outcome they have

decided upon is being contradicted. There are no less exceptions than cases to prove the rule, it is just that people do not necessarily remember them. People tend to recall the events that carry most weight for them. *It is importance that triggers the law of contrast*.

When inflated significance is attributed to an event or circumstance, excess potential is produced. A person may really wants things to succeed, but still fear that things will not work out. Even if the fear is unconscious, it is no less impactful, because it comes from the heart. It is this mix of desire, anxiety and overestimation that whips up the winds of balancing forces that seek to restore equilibrium. In the end, the result is often precisely the opposite of what was anticipated: at first the situation begins to acquire form in sombre tones, and then by comparison, it unfolds much more simply and smoothly, or vice versa.

Does this mean that if you deliberately dramatize a situation, everything will end happily? Not at all. Moreover, it is better not to try it. First, you cannot artificially model excess potential. In other words, you cannot genuinely 'frighten' yourself. The mind might pretend to be afraid, but the heart will never be drawn in. Secondly, by painting gloomy scenarios, you create a negative shape or thoughtform, which the world will mirror in your everyday life, albeit with limited success. And why would you want to programme a negative reality?

If you are deliberately running worst case scenarios and notice that your 'pretence' is working, I would suggest that any positive results you are seeing are coming about in spite of your efforts

and not on account of them. The fact that you are playing this game will not reduce your fears as you cannot deceive yourself. In any case, regardless, secretly you will be hoping for a successful outcome, especially if everything really is so risky and frightening — and this will serve as a positive factor because it comes from the heart. But, I repeat, messing around with negative scenarios can only have harmful results.

Another question arises: if the law of contrast is evoked by expectations founded on inflated importance, then how would events unfold in their 'pure form'? For example, if something has started well, or even the opposite, started badly, what realistic expectations can one have if it is too early to judge exactly how things will unfold?

The answer to this question is that it is highly likely that things will conclude just as they have started. The simple principle of going with the variations flow is invaluable here. In life, at every step, you find yourself having to take some kind of action, initiate a process, whether it is starting a new project, sourcing something you need, a new job, partner, or simply making a decision. Each time you take the first step in any direction, you are essentially *walking through an open door*. In this moment, when you still have not gone very far, you ask yourself: have I chosen the right door or should I be going through a completely different door?

If everything is going well at the start, you can be hopeful that things will continue to unfold in the same vein, although, naturally, there are no guarantees. It is only if things go badly from the very beginning the outcome is guaranteed. If the door

is so hard to open that you have to squeeze through it, you can turn back boldly and without regret and look for a different door. The variations flow always follows the optimal path — the path of least resistance. This does not mean that once you have pushed through someone else's door, you will not be able to follow things through to the end. But you should expect to be met with many difficulties and obstacles along the way. Therefore, it is better to make it a rule for yourself: *if a door opens with difficulty, look for a different door*.

Here are some examples: let's say you want to buy something and you are sure that you will find it in a certain store, but for various reasons, you are prevented from buying it: either you cannot get to the store, or when you do finally get there, it is closed. The rational mind is insistent, telling itself: 'I need it and I know I can get it here,' but it is very probably that you will end up finding the item you need somewhere else that you would never have thought to look.

Another scenario might be when you are looking for a job. One company may be interested in you but insists that you go through an arduous testing process, and the interviewers are cold and demanding. A second company makes things easy for you and everything goes smoothly. Which company would the rational mind choose, accustomed as it is to having to conquer peaks, and valuing the things that it has had to overcome many obstacles to achieve? It is clear which choice the mind will make, but what of the outcome? Material gain — minimal, permanently stressful workload — undoubtedly.

When you are trying to solve a problem or taking on a difficult job, contrary to convention, try to act first and think later. The mind has a tendency to seek out complex solutions and to take difficult paths. The rational mind's favorite method for fulfilling any task is to create obstacles which it can later overcome. In this the mind is "the father of difficult mistakes." No matter what your mind conjures up, always make a point of *doing everything by the simplest means possible*. You will soon see the wheel beginning to turn by itself.

Or imagine that you have met someone new and are wondering whether you should develop the relationship further. If there are disagreements and tensions from the outset, you can be sure that nothing good will come of the relationship. No matter how the mind praises the merits of your partner, no matter what arguments it makes in their favor, the more the mind tries to convince itself that this person is 'the one,' the more likely you are to regret further down the line that you ever got involved with them. *Don't trust in arguments, trust the facts. Don't rely on the reasoning of the mind, go with the variations flow.*

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PURPOSE AND RIGHT

- *What are your views on life after death? As I understand it, the physical body perishes, but the soul is eternal. This means that the soul, now lacking a state of consciousness, returns to the information imprinted energy field, and merges with it. Human individuality, as it were, ceases to exist, and in future reincarnations, the soul will have a different body and a different state of consciousness, right? So what about the level of consciousness I achieved? Was it all in vain? Surely, having given me life and consciousness, the Creator would not just take it all away leaving nothing in return. It is really just a matter of, 'you've fulfilled your purpose, and now you are superfluous to requirements?' Because if this is the case, it's a pretty miserable scenario.*

If you put aside the dogmatic ideas of any number of religious movements and just look at the cold facts, then yes, there can only be one scenario: the soul is embodied in a series of reincarnations, living many lives in different bodies. *No-one has yet been able to provided unshakeable* proof of the existence of God, but there is plenty to prove the existence of the soul. There

are *thousands* of proven examples of people, who have found themselves suddenly able to remember their past lives. The veracity of their memories is unquestionable for facts are stubborn things. If a person suddenly begins to speak in an ancient language that is not currently in use, or is able to provide historical and geographical information that they could have no other way of knowing, what more proof could you need?

Orthodox science is to this day unconvinced by such arguments, but orthodox science always negates anything that it is unable to explain — it is more convenient that way. If scientists could trace the path of the soul on an oscilloscope screen, that would be a different matter.

As for questions like 'why' and 'for what purpose,' these should be addressed to the authorities higher up. These things can be known by God alone. In the context of Transurfing, such questions can be answered as follows. The purpose of life is to serve God. *By service I do not mean worship but co-creation with Him*. God rules the world through the medium of all that exists. He has no other means of existence, except in the form of life and the full diversity of its manifestation. Surely the reason that no-one can confirm the existence of God is because He is present in everything: in a blade of grass, a flower, a butterfly, and in humankind. Life is God's dream. Reincarnation is a kind of transition from one dream to the next. All living beings pursue one goal — to live, which means, to make use of this reality the best of their ability. *Shaping your own reality is at the same time a goal, an ability, and a right*. If you claim this right, you are realizing the will of God while simultaneously living a full life. If

you do not claim this right, then all the worse for you. A more detailed grounds for these views is set forth in the book *Apples Fall to the Sky*.

And if you are not satisfied by what you find there, you can always put the same questions to yourself, as there is a particle of God in each and every one of us. Neither I, nor any minister of the church can mediate between you and God. Only by turning inwards can you receive the answer to your questions.

This kind of advice might seem unreliable. You might think to yourself, 'how could I possibly know the answer to questions like that?' But most likely, either you have not ever tried, or you do not trust the voice of your heart, otherwise you would indeed search for the answers inside yourself. It is that simple. If you are intent on seeking answers in books, you have an endless journey ahead of you with no concrete destination. Firstly, there simply is not time to read in a single lifetime everything that has been written on the subject, and secondly, you will come across contradicting interpretations, which will leave you even more confused. It is better to read a handful of books that seem to you (to you!) to be the most relevant, and then to claim your right to find the answers within yourself. It all comes down to where your attention is focused: on cognition or creation. In the case of the former, you choose the role of the eternal student, and in the latter, the role of creator and explorer.

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THE CARETAKER'S CAROUSEL

- *If you are a* WANDERER, *your mission is to very subtly "lead" humanity towards creative coexistence, which is what you have done so far. But the laws of the* WANDERER' *can't remain valid and be exploited for commercial purposes. You are earning an income by publishing books, suggesting that while you may retain your knowledge, you will lose the pure qualities of the* WANDERER. *Is a meagre income really so much more important to you than* OUR GOALS? *You are clearly an intelligent person but your confidence in your own infallibility surprises me, and leads me to thinking that you must either have picked up knowledge here and there without any higher support, or you are the real thing, and are sacrificing your integrity as a true wanderer for the good of earthly civilization... so, which is it?* WHO ARE YOU?

Oh! Oh! Oh! What pathos! I am defeated, crushed, destroyed! That's right. I'll grow a beard, like the Caretaker, take my staff and set out in search of the truth, to see it for myself, and then to

open the eyes of those left floundering in the darkness. I dream of becoming the ‘real thing’, and of sacrificing myself for the sake of earthly civilization!

I’ll be setting off any time now, just give me a second while I slobber my tongue over my fingers to count my ‘meagre income’ one last time… but while I’m busy shifting piles of money with trembling hands, I’ll leave you with a parable:

Once upon a time, a small group of children gathered around the sandbox in the courtyard of the world. Their names were Little Miss Stuck-up, Boy-brat, Bully, Clever-cloggs, Tattletale and Kid. The nickname of each child reflected their character.

Little Miss Stuck-up would do anything she could to emphasize her worth, boasting about anything and everything — how beautiful her dress, how enticing her candies.

Boy-brat did not feel the need to validate his significance. He was quite important enough, quite full of himself. He was the only one in their circle who had a car with pedals, and he drove it around the yard with his head held high.

Bully could never leave anyone alone in peace, not even himself. He was not malicious so much as vulnerable, and he tried to hide his sensitivity behind a veneer of audacity.

Clever-cloggs, of course, was keen to show that he was the most rational-minded. He knew how to make sandcastles better than anyone else and was intensely proud of it. Clever-cloggs was terribly concerned that the others never did anything right, and tried to set them on the right path.

Tattletale did whatever she could to announce her existence. She was not very good at it, but nonetheless, she was never mean.

There is very little one can say about Kid. He did not stand out in any way. He was a quiet boy, who spent his time either thoughtfully shovelling sand or listening in wide-eyed silence to the chattering of the other children.

Each member of the 'sand company' tried in their own way to define and strengthen their position in this fragile world. Every actor in their little theater had a role, which more or less enabled them to fit in with the play of life.

Sometimes when Little Miss Stuck-up bragged too much, Bully would pull her pigtail, Tattle-tail would complain to Boy-brat, who would set about restoring justice, and Clever-cloggs would take it upon himself to organize and educate.

The role that each played served as a kind of niche that they could comfortably occupy, exclaiming to the world: "This is me! I exist! I'm not just an empty space."

Everyone was someone. Only Kid had no apparent role. He kept himself apart from the others looking on from the sidelines. He so wanted to be someone, but he did not know who he really was. He lived with his grandmother and could not remember his parents.

Who exactly he wanted to become, Kid could not fathom either. Sometimes, he thought he just wanted to be like one of the others in the "sand" company. He thought that if he could just adopt one of the existing roles, he would become a true personality and could occupy a worthwhile place in courtyard society.

But no matter how much he tried on other people's masks, nothing ever fitted. Whenever Kid tried to act out someone else's

role, he felt strange. While he felt as if he was finally becoming someone, he stopped being himself! It was such an uncomfortable feeling that Kid had no choice but to stop being a someone like the others, and he went back to being himself, a no-one.

One day, the whole company was sitting beside the sandbox feeling bored. And then someone said:

“Look, there’s the Caretaker.”

“What Caretaker, where?”

“Over there, the old man with the grey beard. He works at the park looking after the swings. He’s a strange old man — always asking stupid questions.”

“What questions?”

“When you ask him if you can ride on the carousel, he asks you, “what for?” You shove him your ticket, and he lets you through.”

“Not surprising. As if he’d let you ride for free?”

“Once, I did not have the money for a ticket, and tried to climb through the barrier, but he spotted me and came on at me with his stupid question: “What for?” I say: “Grandpa, I have not got any money on me. Let me ride on the amusements.” He asks: “Why?” I did not understand what he meant and asked him to let me through again, and he keeps banging on with his: “Why should I let you?” I told him, “I have not got any money, but I really want to ride on the carousel”. Then the caretaker said, “Once you can answer my question, you’ll never have to buy a ticket again.”

“What did he want from me? How was I supposed to answer his question?”

“Who knows. I tried a few times, but the old man always said it was wrong.”

Kid, who was listening to the conversation, suddenly had a realisation. In that moment, a mysterious clarity enlightened his mind. He could see himself and everyone else as if he was looking at them from afar. Kid had always dreamed of becoming someone — someone with personality, similar to at least one of the members of their yard company, but now he was starting get an unusual sense of something: he was no-one, and at the same time, he was each and every one of them! He suddenly saw that if the others were to all stop acting out their roles, and tear off their masks, each of them would be like him. They too would be a no-one.

In the same way, any drop that falls from the crest of a wave is distinguished by its size and shape, but the essence of all these drops is the same. They are all water. And sooner or later every drop always returns to the ocean to merge with the whole again.

In a single moment, everything had become clear and straightforward. Surprising even himself, Kid said:

“I know the answer to the Caretaker’s question.”

The others froze staring at Kid in astonishment. Nobody had thought him capable of such a thing.

“So, what is it then?” asked Clever-cloggs warily.

“Let’s go to the park. You’ll find out when we get there,” said Kid, and rose to his feet, clearly intent on carrying out his plan.

Intrigued the other children followed him.

“But that’s not all,” whispered Bully to Clever-cloggs. “There’s a Gatekeeper, too, and he has his own house question: “Who gave

you permission?" Kid's being weird today. Let's see what he has to say to that."

Soon the children were approaching the park gates. An ill-tempered-looking man with a terrifying appearance appeared and blocked their way.

"Hey, where do you think you kids are going?"

Kid stepped to the front of their little group.

"To the park, to ride the carousel."

Thrown by such an unexpectedly simple response, the Gatekeeper did not know whether to laugh or get angry.

"And who do you belong to, little boy? Do you do as your parents tell you? Anyway, who gave you permission? What do you have to say for yourselves?"

"I don't have to answer that question," Kid replied calmly.

The gatekeeper was dumbfounded. It was the first time anyone had given him the right answer. How could Kid have known? Without uttering another word, the Gatekeeper let them through and stood following them with his gaze long after they were on their way.

When the children were cautiously approaching the carousel, the Caretaker came out to meet them.

"What is it you wish, youngsters?"

"To play on the carousel," Kid answered for them all.

"Why?" The old man inquired, as was customary.

"No reason. Just for the sake of it," Kid answered him right back.

The Caretaker looked at him with undisguised curiosity.

"Ok, but why?"

"Because I am a son of God."

For a short while a deathly silence reigned. Recovering their wits, the children suddenly jumped about shouting with glee:
“We are children of God! We are children of God!”
After that, no-one asked anyone any questions. For some reason, the situation was clear to all and required no further explanation. The Caretaker broke into a broad smile, started handing out ice creams, and showed them to their places.
Oddly enough, each took the seat that was most to their liking without any of the usual arguments over who was going to sit where. Miss Stuck-up chose the horse, Boy-brat went for the car, Bully climbed up onto the steam train, Clever-cloggs took starship, and Tattletale the boat.
The carousel began to turn round and round. And then a miracle happened: their previous identities disappeared, as if the children’s masks had fallen away. Each child stopped trying to be someone and remembered how to be themself. No-one envied or complained about anyone else. They were all simply happy.
That concludes the parable, which embodies the entire philosophy of Transurfing. I wonder which ride Kid chose. But I won’t tell you that dear reader. It is for you to decide. All you have to do is say to yourself, “I am a child of God,” just as Kid did — just allow yourself to say the words, and then calmly follow the path where your heart and mind are in union.
If you have the quality, that in Transurfing is referred to as ‘the determination to have and to act’, the Gatekeeper will open the right door for you at the right time, and outer intention will transform your dream into reality.

That brings us to the question of who I am. Quite simply, I am no-one, and at the same time, I am who you are — a son of God. The Lord God — the Father — sent me to take a walk through this world. Whether I love Him or obey Him is nobody else's business but mine. I communicate with the Father directly and from the heart rather than through the bars of the confessional. I create the layer of my world with my own power of intention, and as long as this does not interfere with the life of any other child of God, then I am not obliged to answer to anyone on any account.

Nor is it my place to instruct others to step onto a one true path. To take on this mantle, you would have to be someone, while I am no-one. Anyone can put on the mask of alleged Wanderer, Enlightened One, or Teacher and declare that they alone know the way. And if they are believed, they can gather their flock and construct "castles in the air," having deep and meaningful conversations about all kinds of spiritual matter.

Since I am no-one, I cannot know where the way of another lies. All that Transurfing seeks to claim is that each and every one of us is a child of God; we alone can know where our unique path lies, and everyone has freedom of choice. Listen to the voice of your heart and you will find your way. The rest is just a matter of practising the Transurfing techniques.

That's it, that's all I wanted to say. Now, apparently, it's time to take up the staff and set off down the road carrying the light of knowledge into the darkness of ignorance. Oh! Wait, hang on a minute! I am nobody, right? I do not know anything about the

“Wander’s Laws” you mention in your letter, do I, so I have nothing to lose. Oh, what joy! I am free! Think I’ll stay put.

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GLOSSARY OF TERMS

Importance

Importance is an excess potential that arises when something is attributed inflated significance. When balanced forces come in to eliminate excess potential, things usually become problematic for the person creating it. There are two types of importance: *internal* and *external*.

Internal, or subjective importance, manifests as an overestimation of one's own merits or shortcomings. The formula for inner importance reads, "I am an important person," or "I do important work." If the importance arrow goes off the scale, balanced forces take over and the "big cat" has their nose put out of joint. Those who think they "do important work" also tend to experience disappointment when balance is restored: either there will be no demand for their work, or the quality of the work will be poorly evaluated. There is another side to importance, which is expressed when a person overly downplays their own worth, or is negatively self deprecating. In

both cases, the magnitude of excess potential being created is the same. The difference is only in the value sign it carries (positive or negative).

External importance is also artificially created when a person attributes inflated significance to an object or event in the external world. The formula of external importance reads: “For me, such and such is of great importance,” or: “For me, it is very important to do such and such.” The excess potential produced spoils a person’s experience of the given object or event. Imagine that you had to walk along a plank that is lying on the ground. Nothing could be easier. But imagine that you had to walk along the same plank were is positioned between the roofs of two high-rise buildings. That short walk would then acquire such immense importance, it would be impossible to convince yourself otherwise.

Wave of good fortune

A wave of good fortune is essentially a cluster of favourable life lines. The variations space contains every potential event imaginable including these sweet spots. If you hit the outer line of this type of irregularity in the field and find yourself on a lucky roll, you can potentially slide by inertia onto other lines within the same cluster, and fortuitous circumstances will follow. Or, if a pendulum manages to hook into you and draw you in the opposite direction to the wave of good fortune, your initial taste of success will likely be followed by a black patch.

Choice

Transurfing offers a fundamentally different approach to the usual method of achieving goals. In Transurfing, a person makes a *choice* about what they want to experience, just as they would order what they want to eat from a restaurant menu, paying no attention to how their order would be prepared. As a result, the goal is realized for the most part by itself, regardless of any direct action on the part of the customer. It is not that your wishes are granted. It is not that your dreams comes true. Your choice is an immutable law and its realization is inevitable. The essence of choice cannot be explained in a matter of a few words. All of Transurfing is essentially about choice, what it really is, and how choice is made.

Unity of heart and mind

The mind has will but is unable to control external intention. The heart can sense its identification with external intention, but has no will. The heart flies through the variations space like a flimsy kite. In order to harness external intention to one's will, one must first achieve *unity of heart and mind*, a state of being in which the feelings of the heart and the thoughts of the mind merge. For example, when a person is filled with inspiration, their soul "sings", and the mind "rubs its hands together in glee". In this state of being, a person is capable of creating. The problem with this is that the heart and mind can just as readily find unity in positive emotions as they can in anxiety, repulsion and fear. This is when we manifest our worst expectations. Finally, if common sense supports an idea but your gut resists, this indicates that the heart and mind are at odds with one another.

The Caretaker's riddle

"*Every individual can acquire the freedom to choose whatever they want in life. If this is true, how are they to acquire it? Most people are unaware of the fact that rather than having to achieve what they desire, they can simply* receive it." This sounds farfetched, but it is true, nonetheless. Once you have read all of "Reality Transurfing," you will be able to answer to the riddle above. But note, don't be tempted to skim read the final chapter of the book. The answer will only become clear to you if you read the previous chapters first.

Signs

Guiding signs indicate an impending turn in the variations flow. When something is coming up that could have a significant impact on the course of events in your life, a sign will appear to signal the impending change. When there is a turn in the variations flow, you shift onto a different life line. The qualities of each line are generally more or less homogeneous, but the variations flow can pass across different life lines, that differ in certain parameters. The differences between lifelines may be subtle, but they can still be felt. It is this qualitative difference that you may notice, consciously or subconsciously: you may feel as if something is not quite right.

Guiding signs appear only at the onset of a transition to a new set of life lines. You may not normally notice certain individual phenomena. For example, a crow squawking does not usually catch your attention because it does not signal a qualitative difference in your surroundings. This means that you are still on the same line as before. But if there is something about the

sound that makes you prick up your ears and puts you on the alert, then you know it is a sign. Signs differ from other everyday phenomenon in that they signal the onset of a transition to a new life line that is significantly different to the previous one.

Excess potential

Excess potential is a kind of tension — a local disturbance in an otherwise uniform energy field. The heterogeneity is created by thought energy when it is focused on attributing inflated meaning to a particular object. Desire is excess potential, since it seeks to attract and experience the desired, there where it is not currently present. The agonizing desire to have something that you currently lack has the effect of creating an energetic "pressure drop," in the field, and this in turn whips up the winds of balanced forces. Other examples of excess potential include: discontent, condemnation, admiration, idealization, overestimation, contempt, vanity, feelings of superiority, guilt, feelings of inferiority.

Induced transition

Catastrophes, natural disasters, armed conflicts, and economic crises develop in a spiral. First there is a period of inception, then acceleration. The tension consistently increases until it reaches culmination. At this stage the emotions are burning. Finally, there comes the denouement, at which point all the buildup of energy is sprayed into the surrounding space, and a temporary calm ensues. A whirlpool works in much the same way.

For example, when the attention of a group of people, is caught in a *pendulum's snare*, the pendulum begins to sway more and more dramatically, dragging the group members along onto disastrous life lines. The individual first responds to the pendulum's prod, such as by reacting to a negative event, thereby engaging in the hooking process, and then they find themself in the action zone of the spiral, which winds and tightens like the turning currents of a whirlpool.

The phenomenon of being pulled into a vortex is defined in Transurfing as an induced transition onto a life line, in which a person adopts the role of victim. The individual's response to the pendulum's prod and the subsequent exchange of vibrational energy that takes place has the effect of inducing a transition onto a life line, similar in frequency of the pendulum's vibrational motion. As a result, a negative event enters that individual's world layer.

Coordinating importance

Try to avoid attributing inflated meaning to *anything*. The importance you attribute benefits pendulums, not you. Pendulums control people like puppets by pulling on *threads of importance*. People are afraid to let go off these threads, handcuffed by their dependency, which creates an illusion of support and certainty.

Certainty represents the same magnitude of excess potential as uncertainty, only it is marked with the opposite value sign. Awareness and intention enable a person to bypass the pendulums' game, and to get their own way without having to fight for it. And where there is freedom without struggle,

confidence is no longer a requirement. If I am free of importance, I have nothing to defend or conquer — I can just calmly go my own way, choosing what is right for me.

To be free of pendulums, abandon all internal and external importance. Problems and obstacles, that arise on the path towards a goal, arise as a consequence of the excess potential created by importance. Importance is the foundation that props the obstacles up. If you intentionally reset your importance levels, the obstacles will crumble.

Coordinating intention

The fact that worst expectations are realised in the lives of people who have a tendency to be negative, confirms that individuals are capable of influencing the course of events in their life. In the variations space, every event on a lifeline branches off in two directions, one favorable, the other unfavourable. Whenever you are faced with an event, you choose your attitude towards it. If you consider the event positive, you will find yourself going down the favorable branch. However, a tendency towards negativity will cause you to express dissatisfaction thereby choosing the unfavorable branch.

As soon as you let one thing annoy you, more agro follows. Hence the saying, “bad things come in threes.” But the series of consecutive problems does not follow on from the first incident, so much as from your attitude towards it. The pattern is shaped by the choice you make at a fork in the road. Analyzing the extent of your own tendency towards negativity, will give you a

good idea of where a string of negative branches has been leading you in your own life.

The coordinating intention principle can be understood as follows: *If you set out to view positively a seemingly negative change in the script, then that is exactly what it will become*. Guided by this principle, you will be able to achieve the same success at moving in a positive direction, that the negativists achieve in realizing their worst expectations.

Life line

Like any other movement of matter, a person's life is made up of a chain of cause and effect relationships. In the variations space, the effect is located in close proximity to the cause. Just as one follows from the other, so neighbouring sectors of the variations space form life lines. The scripts and sets of the sectors arranged on a single life line are more or less homogeneous. A person's life flows steadily along one life line until an event occurs that significantly changes the script and set. Then fate makes a turn and moves onto a different life line. A person will always pass along life lines that correspond to the quality of thought energy they are putting out. Once you change your attitude to the world, that is, your thoughtform, you will move onto a different life line with different potential variations of how events could develop.

Material realization

Given the necessary conditions, the information structure of the variations space can be materialized in physical reality. Every thought, like every sector of the variations space, has its

own set of parameters. The thought energy that is being radiated "highlights" the corresponding sector, and realizes that potential variation of events. Thus, our thoughts have a direct impact on the course of events in our lives.

The variations space serves as a template that determines the shape and trajectory of the movement of matter. The phenomenon of material realization passes through time and space, whereas the potential variations are static and eternal. Every living being creates their own life layer by means of thought energy. Our world is inhabited by many kinds of living organisms, and each contributes to the creation of reality.

Pendulum

Thought energy is material and does simply disappear without trace. When groups of people share the same thoughtform, their "thought waves" become superimposed, one on top of the other thereby creating in an ocean of energy invisible but nonetheless information imprinted energy structures — pendulums. At a certain point, a structure will begin to develop independently and subordinate the group to its laws. When an individual comes under the influence of a destructive pendulum, they lose their freedom and become a small cog in a large machine.

The pendulum's "sway" is stronger the greater the number of people — *adherents* — that are feeding it with their energy. Each pendulum has its own oscillation frequency. A garden swing for example can be rocked only by applying force at a certain frequency. This frequency is called resonant frequency. If the number of adherents decreases, the pendulum's oscillations will

weaken. When no adherents remain, the pendulum's swing comes to a standstill, and ceases to exist as an energy entity.

In order to suck on a person's energy, pendulums hook into their feelings and reactions: indignation, discontent, hatred, irritation, anxiety, worry, depression, confusion, despair, fear, pity, affection, admiration, idealization, delight, disappointment, pride, arrogance, contempt, disgust, resentment, sense of duty, guilt, and so on.

The main threat that a destructive pendulum poses for anyone who has succumbed to its influence is that it leads its victims away from the life lines in which a person will find happiness. It is essential to free yourself from imposed goals and the struggle to achieve them as these draw a person further and further away from their true path.

You could say that the pendulum is a type of egregore except that the concept of egregore does not go far enough. The term does not sufficiently reflect the complexity of nuanced interactions that take place between human beings and information imprinted energy structures.

Intention

Intention can be roughly defined as the *determination to have and to act*. It is intention rather than desire that can be realized n physical reality. Let's say that you desire to raise your arm. The desire is formed in your thoughts: you are aware that you want to raise your arm. But does the desire itself raise your arm? No, of itself, desire does not generate action of any kind. Your arm is raised only when the thoughts around the desire have been processed and all that remains is the will to act. So does the will

to act raise the arm? Again, no. At this stage, you have made the solid decision to raise your arm, but it still has not moved. So what is it that raises the arm? How do you define what follows after determination?

This is where we come up against the inability of the mind to give an intelligible explanation for what intention really is. Our definition of intention as the determination to have and to act can only demonstrate the prelude to the power that actually carries out the action. All we can do is state the fact that the arm is raised not by desire, and not by determination, but by intention.

Intention can be divided into two types: *internal* and *external*. Internal intention implies proactive impact on the world around us — the *determination to act*. External intention is the *determination to have* and in this case the world itself bends to the will of the individual. Inner intention involves concentrating one's attention on the process of moving towards the goal. External intention involves focusing one's attention on observing the goal becoming realized of its own accord. With internal intention the goal is *achieved*, whereas with external intention it is *chosen*. Everything related to the world of magic and the paranormal belongs to the realm of external intention. Everything that can be achieved within the realm of the usual worldview is achieved by the power of internal intention.

Dependent relationships

Dependent relationships are defined by setting conditions, such as "if you do this then... I will do this...", and other parameters such as, "If you loved me, you would drop

everything and follow me to the ends of the earth," "If you don't want to marry me, you don't love me," "I'll be friends with you if you praise me," "If you don't give me your spade, I'll drive you out of the sandpit."

When loves turns into a dependent relationship *polarization* is inevitable and balance is destroyed. Unconditional love is love given without expectation of the right of ownership. It is admiration without worship. In other words, unconditional love does not create a relationship of dependence between the one who loves and the object of their love.

Equilibrium is also disturbed when a person is compared with another. "We are like this, and they are like that!" For example, national pride: it exists but in comparison to which other nations? Likewise, feelings of inadequacy and self-pride: in comparison to whom?

Wherever a contradistinction is made, balanced forces will inevitably do their work. Their action is aimed either at "pulling apart" the subjects of contradiction, or at connecting them, in mutual agreement or in conflict. If you are the one creating the polarization, the action of balanced forces will be directed primarily against you.

Polarization

Excess potential arises when inflated importance is attributed to any particular quality. A dependent relationship develops between people in the event that they begin to compare themselves with each other, oppose each other, or set conditions such as: "If you'll do/be this, then I"ll do/be that." Excess potential does not have to be too bad, as long as the distorted

evaluation stands alone. As soon as an artificially inflated estimate of one object is placed in a comparative relationship to another, *polarization* occurs, whipping up the *winds of balanced forces*. Balanced forces seek to eliminate the polarization that has arisen, and in most cases, their action is directed at the one responsible for creating it.

Variations space

The variations space represents an *information structure*, a limitless *information field* containing the potential *variations* of all events that may ever occur. You could say that the variations space contains everything that is, was and ever will be. The variations space serves as a template, a coordinate grid of kinds, for the movement of matter through time and space. Both the past and the future are stored in the variations space in static format, like an image on a film roll; the effect of time appears as a direct result of the movement of individual frames in which the highlighted frame represents the present.

The world exists in two forms simultaneously: physical reality, which you can touch, and the metaphysical variations space, which lies beyond the limits of perception, but whose existence is no less objectively real. In principle, gaining access to this information field should be impossible, yet intuitive knowledge and clairvoyant impressions are sourced in the variations space. The rational mind is incapable of creating anything fundamentally new. It can only assemble a new version of a house from old bricks. Rather than storing the information itself, the brain stores the equivalent to an address of where the information is located within the variations space. All scientific

discoveries and great works of art are sourced in the variations space via the medium of the heart.

Dreams are not illusions in the usual sense of the word. The mind does not imagine its dreams, it actually sees them. What we are seeing in everyday reality are those potential variations, which have been manifest in physical reality. In dreams, we are able to see potential variations that have not been realized in the physical realm, that is, virtual plays each with their own script and set. Dreams show us variations of potential events related to the past or the future. A dream is a journey of the soul through the variations space.

Balanced forces

Wherever there is excess potential, balanced forces arise to eliminate it. The potential is created by a person's thought energy when they attach inflated importance to any given object.

For example, let's compare two situations: in one situation, you are standing on the floor in your house, and in the other, you are standing at the edge of an abyss. In the first case, the situation does not cause you any anxiety at all whereas the second scenario is of great importance to you: one careless move and an event will occur than can never be redeemed. On an energetic level, the fact of you simply standing up has the same meaning in the first as in the second scenario. But while you are standing at the verge of an abyss, your fear ranks up the tension creating heterogeneity in the surrounding energy field. As a result, balanced forces come in to eliminate the appearance of inhomogeneity in the field. You can even feel their impact: an

inexplicable force seems to pull you downwards, and push you backwards away from the edge all at the same time. This is because, in order to eliminate the excess potential of your fear, balanced forces must either drag you away from the edge, or throw you down into the abyss and be done with it. Their action is what you can feel, when you experience the sensation of being pulled in one direction or the other.

The impact of balancing forces brings with it a lion's share of other problems. There is an insidiousness to the impact of balanced forces as they often cause a person to experience an outcome which is the exact opposite of their original intention. At the same time, the person has no idea why this is happening. The work of balanced forces explains the feeling we sometimes have that some mysterious evil force, a kind of 'sod's law' is at play in our life.

Sector of the variations space

At every point in the variations space there exists a potential *version* of one or another event. You could say that each potential version of an event has its own *script* and *scenery*. The scenery refers to the outer appearance or form of manifestation, while the script refers to the path along which matter is moving. For the sake of convenience, we can describe the variations space as being divided into sectors, each with its own script and scenery. The greater the distance between individual sectors, the greater the differences in script and scenery. Numerous potential versions of a person's destiny exist. Theoretically, there are no limits to the possible turns that can occur in a life to shape a person's fate, since the variations space is infinite.

Slide

The perceptions we have of ourselves and the world around us are often far from the truth of things. *Slides* are what introduce the distortion. For example, you may be bothered by what you perceive as personal shortcomings and feel inferior because you think that others don't like or approve of these parts of you either. Metaphorically speaking, when you are communicating with other people, you insert an inferiority complex slide into your own "projector," which causes you to see everything in a distorted light.

A slide is a picture in your mind that does not correspond to reality (or at least, perhaps not yet). As a rule, a negative slide creates a state of *unity of heart and mind*, and is therefore embodied in physical reality. This is when our worst expectations come to life. However, negative slides can be transformed into positive slides and made to work for you. If you intentionally create a positive slide, it can transform the layer of your world in amazing ways. A goal slide is an imaginary picture of a reality in which the goal has already been achieved. Systematic visualization of a goal slide causes the corresponding sector of the variations space to be embodied in physical reality.

World layer

With the energy of thought, every living being materializes a given sector of the variations space, thereby creating their own layer of reality. All these layers are superimposed one above the other, and in this way each individual being contributes to the formation of our common reality.

With their attitude to life, each individual creates their own reality — their own world layer. This reality adopts one hue or another, depending on the individual's attitude to life. Figuratively speaking, certain "weather conditions" are established: morning freshness and sunshine, or cloudy skies and pouring rain with the occasional raging hurricane or natural disaster.

An individual reality can be formed in one of two ways: physically and the metaphysically. In other words, a person builds their world using their actions and thoughts. Thoughtforms play a dominant role, since they are responsible for a significant proportion of material level problems that the average person spends of lot of their time trying to resolve. Transurfing deals exclusively with the metaphysical aspect.

Variations flow

The information in the variations space is stationary and stored in the format of a matrix. Information is arranged in interconnecting chains. Causal relationships create the *variations flow*.

The restless mind, which is constantly experiencing prods from pendulums, applies itself to problem-solving, trying to keep the situation under control. In most cases, the mind's wilful decisions are tantamount to pathetically slapping your hands about on the surface of the water. Most problems, especially minor ones, will resolve themselves automatically, as long as you do not get in the way of the variations flow.

The main reason not to resist the variations flow is that doing so represents a futile or sometimes even harmful waste of

energy. The variations flow follows the path of least resistance, and therefore will always propose the most effective and rational solution to any problem. Conversely, resisting the flow creates a host of fresh problems.

What is the point of all the turnings of the mind's powerful intellect if a solution already exists in the variations space? As long as you don't get bogged down in it all and hinder the variations flow, the solution, an optimal solution at that, will naturally present itself. Optimality is embedded in the structure of the information field. Everything exists in the variations space, but the least energy-intensive version of events is the one most likely to be embodied in physical reality. Nature does not waste energy.

Transurfing

I didn't make up the word *Transurfing*. It came to me from the same place as all the other terms, and you could say, the entire content of the book. It took me a while to understand its meaning. I am not even sure how to order the associations it evokes. The meaning of the word can be interpreted as "sliding through the variations space", or "transforming a potential variation into reality", or "transitioning across life lines." But in a general sense, practising Transurfing is like trying to hold your balance as you ride a wave of good fortune. In Russian, Transurfing (Трансерфинг) is pronounced trans'ye'rfing. Some Russian speakers prefer to use the English version of the word, and why not? Note: The word is pronounced differently as the sound '*ye*' made by the Russian letter 'ё' does not exist in the English Language.

Freiling

Freiling is an effective technique for managing interpersonal relationships and is an integral part of the Transurfing practice. The main principle of freiling can be formulated as follows: *let go of the intention to receive, and replace it with the intention to give, and the very thing you let go of will come to you of its own accord.*

This principle works on the basis that external intention is working for you by making use of your partner's internal intention, although without compromising their interests. As a result, you receive from that person the thing you could not achieve by relying solely on the usual methods of your own internal intention. If you apply this principle, you will achieve impressive results in personal and professional communications alike.

Goals and doors

Everyone has their own unique *path*, which will enable them to find happiness in this life. Pendulums impose goals on a person that are alien, but which tantalize with the lure of prestige and glamour. When you chase false goals, you either end up achieving nothing, or, having achieved something, you realize that you did not really want it after all.

Your goal is to turn your life into a continual celebration. Achieving your goals will attract the fulfilment of all your other desires, moreover, the results will exceed your wildest expectations. Your door represents the path that will lead you to your goal.

If you move towards your goal by passing through the door to your unique path, no one and nothing in this world will ever be

able to stop you because your soul carries the key that will fit the lock perfectly. No-one can take from you anything that is truly yours and so you should not experience any problem in achieving your true goal. The only challenge lies in finding your true goal and the right door. Transurfing will teach you how to meet this challenge.

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